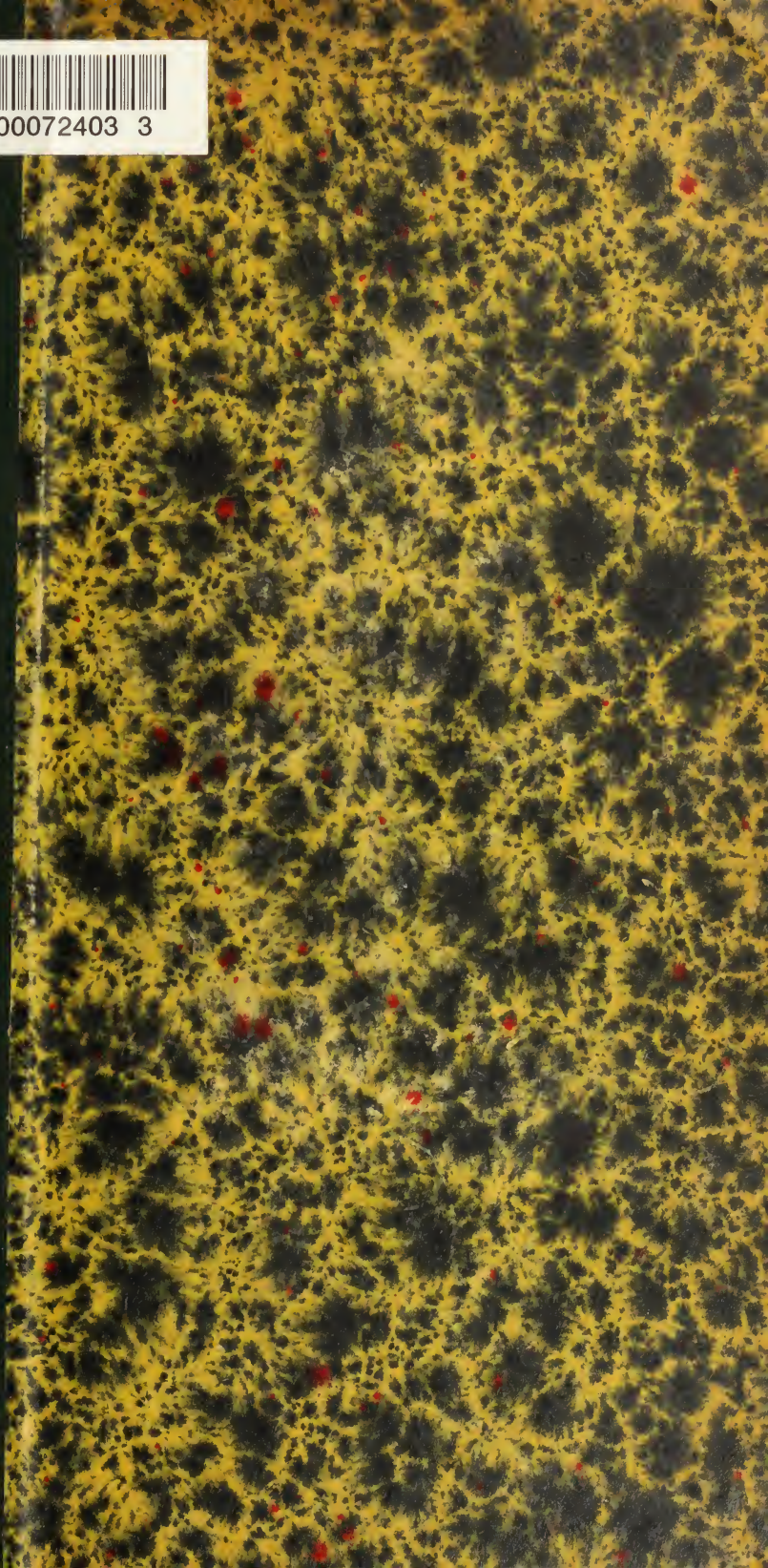




3 5045 00072403 3





MGH
HEALTH SCIENCES
LIBRARY





The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



MARCH, 1914



Digitized by the Internet Archive
in 2015

Alumnae Association

11556
.

OFFICERS OF THE ALUMNÆ

President, MISS ESTHER DART, Stillman Infirmary, Cambridge.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS IRENE MASON, Collis P. Huntington Hospital,
Boston.

Secretary, MISS EDNA H. HARRISON, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

THE QUARTERLY RECORD

OF THE

Boston and Massachusetts General Hospital Alumnae Association

VOL. IV

MARCH, 1914

No. 1

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, Teachers College, New York.

BUSINESS MANAGEMENT

MISS ANNIE H. SMITH, *Business Manager*, Massachusetts General Hospital.

MISS EDNA H. HARRISON, *Assistant Business Manager*, Massachusetts General Hospital.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Annie H. Smith, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Write legibly on one side of the sheet only.

On January 19, the Executive Committee of the Alumnae met at the Collis P. Huntington Hospital, when it was voted to write to various sections where our nurses are living, asking them to visit members of the Alumnae, and other of our graduate nurses in their locality who are sick, and report the result of such visit to the Secretary, Miss Edna H. Harrison, at the Massachusetts General Hospital. Already the visiting has begun, and, as a result, there is a greater exchange of sympathy between Alumnae members.

A recommendation comes from our Alumnae Association, that a section on life membership be inserted in our constitution.

to the effect that a life membership be obtained on the following terms: Members who have been in the Association for fifteen years or over, \$20.00; ten to fifteen years, \$30.00; five to ten years, \$40.00; five years or less, \$50.00. Life members to be subject to all other rules of the Association.

Graduating exercises for the class of 1914 were held in the new home Thursday, January 15, 1914, at 8.30 o'clock.

The class consisted of thirty-seven nurses who have taken a three-years' course, and nineteen McLean graduates who are taking the eighteen months course. Although there is seating capacity for over 350 in the large reception room and vestibule, it was necessary to exclude the pupils and probationers from the exercises with the exception of the Glee Club which furnished the music for the occasion.

Dr. Henry M. Hurd of Baltimore, formerly superintendent of the Johns Hopkins Hospital and always a friend of nurses, gave the address of the evening. He was listened to with close attention and gave a most interesting résumé of the field of nursing and of the development of an educational standard that schools should aspire to.

Dr. David Edsall, who presided, spoke in an appreciative way of the methods of instruction and of the nursing standards as he had observed them in the hospital.

Miss Parsons's report was an attempt to show three things in particular: first, by reading extracts of letters, etc., to show what the public is demanding of the graduates of the school; secondly, how the school is preparing the students to meet the demand; and lastly, to give an idea of how the graduates are succeeding. In Massachusetts alone there are seventeen of the graduates who are superintendents of hospitals, and there are sixty-five who are occupying other institutional positions.

The Glee Club furnished the music as it has for the past three years. Miss Clare Butler directed the Club, and the selections were much enjoyed.

It was a great pleasure to have Miss Pauline Dolliver, former superintendent of nurses, at the graduation and the first guest to be entertained at the new home.

It was also very delightful that Miss Augusta Robertson was able to come from Salem with her nurse and be present at the exercises. She remained for two or three days as a guest and enjoyed meeting old and new friends. There were many of the older graduates present, some from considerable distances.

Miss Margaret Belyea from Baltimore and Miss Jessie L. Brown from Philadelphia were among the guests.

Refreshments were served in the large class room and visitors were shown through the home. The only mishap of the evening was when the superintendent of the hospital, the speaker of the evening, and some eminent members of the staff were unable to make the elevator obey their behests and were landed in the basement regardless of personal preference.

Miss Elizabeth Peden was instrumental in interesting several graduates in the purchase of a beautiful hall clock which was presented to the home the day of graduation.

The graduating class also gave a handsome mantle clock for the reception room.

Dr. Hurd's address is to be published in the *Boston Medical and Surgical Journal*.

Miss Parsons's Report will come out in the Annual Report of the Training School.

Our January Alumnae Meeting (27th inst.) will long be pleasantly remembered, although regret at the thought of Miss Tippet's retirement caused sadness to her many friends. At this meeting the Alumnae gave a reception to the graduating class and to Miss Tippet. The new Nurses' Home is ideal. The large reception room lends itself well to a stand up or a sit down party. The acoustic properties are good, so also is the highly polished floor, and length of space for dancing. The piano gives forth sweet, pure tones; and all are pleased with the art displayed in the form of paintings and books, as well as with the

artistic furnishings. After a very pleasant gathering together with friends old and new, Miss Parsons invited all who had not seen the new building to take this opportunity to do so. The nurses' rooms appealed to the older graduates. The color effect, combined with the practical and substantial furnishings indicate thought and thoughtfulness. Someone with a knowledge of hospital construction, and also with a sense of those comforts which go towards making a nurse's off-duty time a period of rest, has had a hand in the planning of the Home. The Training School Committee, Doctor Washburn, and also Miss Parsons, have the thanks and appreciation of all in any way connected with the Hospital.

Before repairing to the place of refreshment on the lower floor Miss Dart, in a few well chosen words, conveyed to Miss Tippet the high esteem and affection with which she is regarded, and of which the modest gift presented, fifty dollars in gold, was a small expression. Though the outlook for her is so happy, we know she will not forget us for the sake of auld lang syne.

Restriction of the Word Nurse.—The amendment to the Nurse Practice Act which the New York State Nurses' Association is endeavoring to establish by law is an important undertaking to the profession at large. When one considers the wrongs which have come to be countenanced, or, at least, allowed to go on, it seems as if there should be, universally, a more wide-awake attitude. The trouble is that these wrongs are not apprehended by the many. We are experiencing their consequences while unable to see their source. Why is the need of desirable candidates for our training schools pressing itself upon our notice? The absence of applicants of the right sort is *not* because of the educational advance, for a good tree cannot bring forth evil fruit. It is because of the short cut methods which bring large monetary returns without much effort, and the tendency of the many to seek the line of least resistance that the correspondence schools, cheap and special schools, have gained such a stronghold. They can show a young woman how, by depositing a small sum of money, she can in six months or a year become a certified, district, or private nurse. Doctors are even invited to make an

investment in some of these correspondence schools, so well organized have they become financially, by which (for the next thirty days) they will receive from one to five fully paid and non-assessable shares in the stock, par value twenty dollars each, in return for a like number of full-paid students whom they will have the opportunity of sending each year. There are at least five short course and correspondence schools in New York State. The Chautauqua School of Nursing, Jamestown, N.Y. gave three thousand as its enrollment for one year. Again, the Chautauqua School of Nursing announces, "our method of training has made it possible for thousands of women, with or without previous experience, to earn \$10 to \$20 a week as professional nurses." The last use of the word professional is something of a travesty when it is made so evident what the commercial value of the word nurse has come to mean. One person writes from Vancouver, B.C., "Before I had taken six months of my course, I was able to command \$20 to \$30 a week."

The New York State Nurses' Association has done a good work in bringing to light some of the fraud which is being practiced under shelter of "professional." The above quotations have been taken from a booklet sent out by the Association for the instruction of members and to encourage united effort towards preserving the nobility of our profession of nursing. The ethical point at issue is that it cannot be right to provide poor nurses for the care of the sick. "It is the need of the patient which determines the quality of the nursing." To quote from our Massachusetts Commissioner of Education, Dr. Snedden, "The person who undertakes to follow the career of nursing without a grasp of the accumulated knowledge which the world has put at our disposal, would be falling far short of any reasonable measure of human service." It is too true that "Nursing is an art, and if it is to be made an art, it requires as hard a preparation as any painter or sculptor's work."

The movement on foot is to restrict the word nurse to those who have graduated from schools approved by the Regents. But this does not prevent any person caring for the sick as a trained attendant.

*THE MASSACHUSETTS STATE NURSES'
ASSOCIATION*

Those who are interested in professional progress welcomed the midwinter meeting of the Massachusetts State Nurses' Association, January 31, at 585 Boylston Street. It is regularly arranged to have the Massachusetts League of Nursing Education meet a little earlier on the same date and at the same place; and at 2 P.M. the members of the League assembled. This allowed for a longer session, made necessary by the work in organization which had been accomplished by the Committee appointed for the purpose of drawing up a Constitution and By-Laws. The Committee was thanked heartily by the members for this efficient and painstaking piece of work; so that now the Massachusetts League of Nursing Education is fully launched, and sets forth with harmony of aim to fulfill its services to the larger Association. After the transaction of further business, and the election of officers, an address was given on Hospital Efficiency by Miss Minnie Goodnow, who said she was expecting to prepare the same subject for the American Hospital Association later. This address was listened to with close attention, and many good points derived therefrom.

The Massachusetts State Nurses' Association opened its meeting at 3.30 P.M. Many came from a distance, but others were prevented by the heavy downpour of rain from attending. Rev. James A. Supple, D.D., offered the opening prayer, immediately before which Dr. Laura A. C. Hughes unfurled the flag of our country. This very beautiful flag was presented to the Association by Miss Florence O. Knight, and it gave a thrill of patriotic pleasure to know that we now own one because of the kind interest of the donor.

The whole consideration was devoted to the Nurses' Registration Bill, which was talked over from two standpoints—that of

the Training School, and of the Board of Registration. Miss Parsons had collected from many training school superintendents and hospital trustees replies to the question of the benefits to be derived from a Training School Inspector by the training schools, the nurses of the State, and by the public. The reading of these replies was quite helpful, since in this way so many different opinions and ideas were reached—given from actual experience, or as the result of individual thinking.

Miss Jaquith's few remarks as a member of the Board of Registration of Nurses were forceful. Miss Riddle placed her finger on the sore spot of our difficulties by showing that the lack of probationers was in consequence of the need of legislation to protect us from low standards, and from those who uphold schools or methods of training which are harmful to our professional interests. We can only secure desirable candidates, such as college-bred and otherwise well qualified women by maintaining a standard that will appeal to the well educated and business-like mind, which is unwilling to submit itself to be trained in any school where the system of teaching is below what the educational schools employ.

We were urged as members of the Association to take special interest in the legislation which we hope to gain; endeavor to obtain a large number of influential signatures to the petition, and ourselves be present at the hearings.

At the end of the meeting, Miss Riddle's address delivered at Worcester was distributed. We must inform ourselves on the subject of the Bill and become acquainted with all the stages of progress. This reprint of Miss Riddle's address is an education in this direction. We cannot do better than make a study of it.

Think of the roots getting ready to sprout,
Reaching their slender brown fingers out
Under the ice and the leaves and the snow,
Waiting to grow!

—*Selected.*

OCCUPATIONAL DISEASE

Our great work in the Social Service Department has made such strides that we are in danger of not keeping up with it. There is a sense of gratification when we think that our Hospital was among the first to carry out the idea of hospital extension work. Miss Susan M. Holton was the first pupil to have experience in the Social Service Department, thus becoming acquainted with the necessary detail, and now being able to give full-time assistance in the department for the prevention of occupational disease, under Miss Cannon's direction.

The Report of the Social Service Department for 1913-14 is unusually attractive, and Dr. Cabot's words have a special significance in relation to the trend and development of collective and individual effort along these lines. That part of the Report which refers to Miss Holton's duties is given here to show what a world of activity she has entered upon. It may serve to bring before those who feel drawn towards social welfare enterprise knowledge which will prove helpful later.

"Miss Holton looks after the medical records of the various out-patient clinics daily, watching especially for occupations like those of *painter, rubber-worker, tinsmith, or stone-cutter*, that are known to lead frequently to occupational disease. She also selects for further investigation those cases wherein the physical examination suggests a possible relationship between the medical symptoms and the occupation, or wherein (to quote from Dr. Devoto of the Industrial Clinic in Milan) "unhygienic work imparts to ordinary sickness a special physiognomy." Miss Holton keeps detailed records of these cases, an accumulation of which should later furnish valuable material for research.

"It is too soon to indicate definitely the scope or possibilities of this department. Already, however, the work seems to formulate itself into four plans:

"1. To gather material for the study of occupational disease.

"2. To prepare and submit in brief compass to the physicians of the clinics the result of intensive study of special cases.

"3. To educate patients concerning the dangerous processes in particular trades and the precautions that should be observed.

"4. To study where such personal advice needs to be reinforced by legislation.

"The *special occupation* card that has recently been instituted in connection with all new cases in the Male Medical and Orthopedic clinics is filled out by the clinical assistants (third year Harvard Medical students). Miss Holton's special knowledge of industrial processes makes it possible for her to help these medical students to question patients more carefully as regards possible *strains, poisonings, fumes, dust, or extremes of temperature* encountered in their work.

"Miss Holton is also following up in detail as many as possible of the 147 cases of lead poisoning seen at the Hospital during the past five years. A preliminary study of the medical records showed that in only 37 of the 147 records was there any special note concerning the occupation of the patient or any search for the possible source of "infection." Yet each of these patients may reveal, as many of them have revealed, a "focus" of infection (or rather of intoxication) as valuable in preventive health work as it is to find the original source of a typhoid epidemic.

"We need money for the further prosecution of this work."

PREVENTION OF BLINDNESS AND MIDWIFE PROBLEM

Taken from the Report of Miss Carolyn C. VanBlarcom for the Committee on Public Health. Read at the Convention of the National League of Nursing Education, Atlantic City, June, 1913.

Concerning unnecessary blindness, there is not such widespread knowledge, nor such concerted action for its prevention as in the case of infant mortality. Briefly, the facts are that approximately 50 per cent. of all the blind people in the country are blind from preventable causes, and these causes are, chiefly, *ophthalmia neonatorum*, syphilis, various other infections, including

trachoma, follicular keratitis, etc., industrial and other accidents and wood alcohol; while conspicuous among the causes of eye-strain and defective vision are inadequate lighting, unsuitably tinted and glazed paper, improperly constructed type, spacing and length of line in printing, half-tone prints, glazed tops of desks, blackboards, etc.

It is the infections with which nurses are chiefly concerned and by the control of which they may render service in the prevention of blindness.

It is pretty generally conceded by the medical profession that ophthalmia neonatorum is a pathological anachronism and that its occurrence today is practically inexcusable. Certainly it would rarely if ever cause blindness if the prophylactic measures so well known by both doctors and nurses were invariably employed, and also if upon the early symptoms of the disease, prompt and adequate medical aid were rendered.

The most satisfactory work for prevention of blindness from ophthalmia neonatorum being done by nurses, of which I am aware, is conducted by the Departments of Health in the cities of Boston and Liverpool. In both these cities, the law requiring both doctors and midwives to report all redness, swelling or discharge from the eyes of infants to the Department of Health is rigidly enforced. Immediately upon receipt of such a report a nurse in the employ of the Department of Health is sent to visit the patient, and if necessary, to make arrangements for adequate medical treatment, either by a physician, in the home, or in an eye clinic. The treatment is of course all ordered by an ophthalmologist, but it is a nurse who sets the machinery in motion, and if the treatment is given in the home, it is she who makes the visit one or two or three times daily to give it. The details of this system are admirably worked out in both cities I have mentioned, and since their adoption, blindness from ophthalmia neonatorum has practically not occurred, and there have been very few cases of even slight injury.

For example, in the city of Boston, something more than 1,000 cases were reported to the Department of Health during the

year 1912. No cases of blindness resulted, and in only four did scarred corneae result. Some interesting information was secured through the investigation by the Committee for the Prevention of Blindness of 108 cases of ophthalmia neonatorum occurring in New York City during the same length of time. It was found that 62 of these cases were attended by physicians, 43 by midwives, and three were emergency cases attended by neighbors. In 14 of the 62 cases attended by physicians, a prophylactic against ophthalmia neonatorum was used at birth, and by 11 of the 43 midwives. Out of eleven cases in which injury resulted, six lost one eye, two eyes were scarred, while three infants became totally blind. The cases of total blindness all occurred in the practice of physicians, while of the remaining nine, seven were physicians' and two midwives' cases. In two cases where physicians undertook to treat the patients in their homes, the only care being left to the mother, one eye was lost in one case, and both eyes in the other.

Trachoma, follicular keratitis and similar eye infections among school children are calling more and more for the services of the school nurse, both in her capacity as inspector, and as assistant to the school doctors in administering the necessary treatment.

The most satisfactory work of which I know in this connection is being carried on in New York City under the direction of Dr. Anna von Scholly, who has succeeded in persuading the Board of Education to provide for special classes for trachomatous children in a separate building. The class work for the children is arranged so as to require the minimum use of the eyes, and medical treatment is given by nurses under Dr. von Scholly's direction, with very satisfactory results at this combination of school and clinic. The eyes of many other school children are of course treated at regular eye clinics throughout the city, but the worst of the trachomatous children are segregated in this special school.

In addition to this, Dr. von Scholly has by a stroke of genius raised \$500 to make it possible to send groups of these trachoma-

matous children out into the country for a part of the summer. There will be a nurse in constant attendance, to give the local medical treatment, and a playground teacher to supervise their exercise and general physical welfare, while the question of food and general hygiene of their lives has been provided for by Dr. von Scholly. She finds the beneficial results derived from local medical treatment are greatly enhanced by improving the hygienic conditions under which the children live.

It is very interesting to note that after the very detailed and careful research work which has been done and is being done in connection with the etiology and diagnosis of trachoma, those who know most about the subject declare that they do not know what trachoma is or whether such a disease occurs.

The prevention of blindness from wood alcohol is scarcely a nursing question, but it is growing to be such an important matter that I should like to touch upon it briefly.

Wood alcohol is a high poison, and is capable of causing either blindness or death as a result of ingestion or inhalation.

Thirteen persons in New York State were made blind for life and four were killed during the past year either by drinking wood alcohol or inhaling its poisonous fumes, while throughout the country hundreds of persons have been innocently victimized by the same poison. Furthermore, although wood alcohol in as small a quantity as a teaspoonful has caused permanent blindness, and in larger quantities often causes death, the Committee for Prevention of Blindness has found that this poison is easily obtainable from various retail paint stores, drug stores and grocery stores, often without a label or warning to indicate its poisonous nature.

Rectified alcohol may be easily mistaken for "good" or grain alcohol, and because of this resemblance, is frequently used by ignorant or unscrupulous persons to adulterate cheap liquors. In the trades it is sometimes used in the preparation of bay rum, paregoric, flavoring extracts, Jamaica ginger and in some patent medicines.

The committee reports the case of one woman who became hopelessly blind as a result of drinking wood alcohol contained in some paregoric which she had bought at a reputable drug store. Another case is that of a young clerk who drank white whiskey from a friend's recently filled flask, and was totally and irreparably blind the next morning because the whiskey was adulterated with rectified wool alcohol.

The inhalation of the fumes of wood alcohol causes blindness. This usually occurs in those varnish industries where wood alcohol is used as a solvent for shellac—for example in varnishing the inside of beer vats, varnishing lead pencils and furniture.

Since industrial, or denatured, alcohol (untaxed grain alcohol made undrinkable by the addition of wood alcohol and benzine) can be used in practically all manufacturing processes where wood alcohol is now employed, and is safer and no more expensive, there is no longer any legitimate reason for the present wide use of wood alcohol. However, the use of wood alcohol would be robbed of its terrors if it were used in the presence of adequate ventilation.

Two men were recently killed and one blinded in New York City while varnishing beer vats, because ventilators were not attached to the vats, while another man was blinded and one killed because the necessary thirty minutes in the open air was reduced to twenty minutes.

The general ignorance which prevails in regard to the poisonous nature of wood alcohol is evidenced by the lack of legal restrictions of its use. In no state in this country is there a law requiring adequate ventilation in industries where wood alcohol is used, while in very few states is wood alcohol classified as a poison and so labeled.

The unnecessary deaths caused by wood alcohol poisoning and the pathetic cases of blindness from the same cause may be prevented, first, by the enactment of laws requiring that wood alcohol in any form be labeled poison, forbidding its use in white whiskey, cordials, drugs, medicines, etc., and requiring that all

workrooms in which it is used be properly ventilated; and secondly, which is most important of all, these disasters may be prevented by letting the public at large know that death and blindness may be the result of the misuse of any form of wood alcohol.

The question of industrial accidents to the eyes is being more adequately dealt with by large manufacturing concerns than it could possibly be by outside workers. It is to the interest of the employers to protect their workmen's eyes because of the large damage suits resulting from this most expensive of all accidents excepting death. It is believed that occupational diseases in the industries will gradually be prevented, in the same way for much the same reason.

The subject of inadequate lighting, glazed paper, desks, blackboards, poor print, etc., is very wide and involves many technical questions—so I will simply refer to one of the results, that is, eyestrain. Neurologists and even general practitioners, are attaching more and more importance to the constitutional effect of eyestrain, attributing an increasing percentage of cases of general nervous breakdowns, hysteria, nausea, headache, chorea, and other alleged neuroses to eyestrain.

MIDWIFE PROBLEM

The problem of the midwife in America seems to be essentially a problem for the nursing profession. So far as we are able to learn, through compilation of figures obtained by the State and City Health Officers throughout the country, at least 40 per cent. of the births occurring in this country during 1912 were attended by midwives.

The possible importance of the midwife in preventing infant mortality, morbidity and blindness, to say nothing of injury and death to the mothers have all been gone over before, and can easily be imagined by any nurse who has had obstetrical experience. Also the possibilities for damage and injury, amounting to tragedy, which may be laid to the door of the untrained midwife in America, are easily suggested by the following in-

formation concerning legal provisions affecting the training, licensure and supervision of midwives in the United States in operation up to the legislative session of 1913.

Midwives are allowed by law to practice unrestricted in the twelve states of Alabama, Arizona, Arkansas, Florida, Georgia, Idaho, Kentucky, Maine, South Carolina, Tennessee, Virginia and West Virginia.

There are no state laws relating in any way to the training, registration or practice of midwives in the fifteen states of California, Delaware, Massachusetts, Michigan, Mississippi, Nebraska, New Hampshire, New Mexico, New York, North Dakota, Oklahoma, Oregon, Rhode Island, South Dakota, and Vermont.

In the twenty-two states where there are laws relating to midwives, fifteen require that they shall be licensed and that they shall pass an examination before being licensed to practice, while nine restrict the practice of midwives to attendance upon normal cases. In no state is there provision for supervision of midwives in their practice, and although this is carried on by two or three local boards of health, it is evidently not wholly satisfactory.

In six states, it is required that midwives shall be trained, this training in two states amounting to attendance at five cases of birth, and in the other four, training in a recognized school. But in no one of the latter states do there exist any such standardized schools. So far as we are able to learn, the only real training schools for midwives in this country are the ones connected with Bellevue Hospital, established in 1911 partly as a result of the efforts of the Committee on Prevention of Blindness, and the Philadelphia City Hospital, where women are received for midwifery training upon the recommendation of the Board of Medical Examiners.

The Bellevue Hospital School for Midwives, which was organized for the avowed purpose of training midwives as one step toward raising the status of their profession was, as I have said, largely the outgrowth of work for the prevention of infantile blindness. It should be noted, however, that although the Com-

mittee on Prevention of Blindness offered suggestions as to the scope of the work to be done by the new school, the actual planning of the details—the course of training, the equipment of the school, in fact, all of the creative work which would make the school a success or a failure—was all done by a nurse, Miss Noyes, the General Superintendent of Nurses of Bellevue and Allied Hospitals.

It is pleasant to know that this first real training school for midwives in America came into being because of the prophetic vision of Miss Louisa Lee Schuyler, under whose direction and inspiration the study of midwifery conditions in America has been conducted.

It is something over fifty years ago that Miss Schuyler had the same vision of usefulness for nurses that she has now for midwives. And the Bellevue Hospital Training School for Nurses is a result of her vision, her altruism and the courage of her convictions.

To go back still further in the history of training midwives and nurses, we find that Miss Nightingale pleaded for the training of both groups of women at the same time, and, as I believe once reported to this same body, Miss Nightingale founded a school for midwives in connection with King's College at the same time that she founded a training school for nurses at St. Thomas's Hospital in London.

It is too long a story to take up adequately in a brief report, but the attitude and conviction of these three women, Miss Nightingale, Miss Schuyler and Miss Noyes, who each in turn recognized the importance of offering training to midwives for the sake of serving the sick poor—their attitude should carry weight, and stir the nursing profession on to further activity. We know that babies are being born, and that they and their mothers need the most skilled and sympathetic care that can be given. We know that the ignorant poor want women to attend them, and whether midwives are legislated out of existence or not, they will continue to have women. The nursing profession is feeling more and more the weight of responsibility of Public

Health work, and certainly the responsibility of the physical and mental welfare of 40 per cent of the babies born in this country, and the immediate safety and health of the mothers is not one lightly to be turned aside.

Medical societies and societies of sanitarians and health officers are considering this question with ever increasing frequency and seriousness. The American Association for the Study and Prevention of Infant Mortality, appointed a section on midwives three years ago this fall, but this unhappily has been converted into a section on obstetrics, largely taken up with wrangles over obstetrical teaching in medical schools.

It would seem as though there were at hand a glorious opportunity for the nursing profession to do a very aggressive and valuable piece of work in exerting some of its power toward the reform of this sister profession. I am happy to be able to report that some individual members of the profession have already contributed their moral support by registering as midwives. Among these are Miss Noyes, Miss Aikman, who is at the head of the Bellevue Training School for Midwives, Miss Hitchcock and Miss Travis of the Henry Street Settlement, and myself.

It is evident from the rapid development of public health work the country over, that the possibilities for valuable service from nurses are almost limitless, and also as her responsibilities in public work are increasing we would like to urge that more and more knowledge of public health work be given to nurses in their training, that they may recognize this as one of the three (institutional work, private nursing and public health work) important branches of their postgraduate work, and that even greater effort be made to include out-patient service or public health work in the regular training of the pupil nurse.

Mummies 25,000 years old, surrounded by pots of beans, have been found in Arizona. Exiled Bostonians, beyond doubt.—

Boston Herald.

A NEW HOSPITAL

The Ohio Valley General Hospital Training School for Nurses, at Wheeling, West Virginia, of which Mrs. H. T. Fontaine is the Principal, held its graduating exercises on January 19th, ult.

Mrs. Fontaine (Miss Jennie F. Moore, 1900), in a letter to Miss Parsons, has given a most interesting account of what she found upon first going to take charge of the School. To quote from her letter: The Hospital building is away beyond my expectations, with many modern conveniences which will mean less hardship for the nurses. The whole thing denotes grandeur, beauty, and convenience; all practical and yet artistic. The nurse was surely given unusual consideration, and the following things should make her work easy: Hot and cold water in every ward and room, including drinking water; the silent call system, the same for the house physician, and on every floor; elevators for the nurses; telephones on each floor, and in every private room; no knobs, all pulleys with swinging doors to eliminate noise; battleship linoleum floors; high bathtubs, and marble slabs for bathing children, to save the backs of the nurses; flower stands with water and trays to care for the flowers on each floor; a clothes closet in every private room, of which there are seventy-five; and a large cloak room at the entrance of the nurses' dining-room. There are also very large airing balconies. All the doors and elevators are broad enough to admit beds. The distilled water is furnished to every floor from apparatus on the roof, which is run by the engineer.

Mrs. Fontaine recently took the Administrative Course at the Massachusetts General Hospital. Miss Martha P. Parker joins her this month as Social Worker. The outlook for the work of the Hospital is certainly promising.

"Tact is the kindly and skilled way of doing right things.."

EXTRACTS FROM A LETTER FROM PARIS

Miss M. V. O'Reilly (1897), writing to a friend while in Paris, *en route* to Africa, gives a glimpse of a short sojourn there at Christmas time. The weather, she says, is more like our Easter for mildness. Paris is very gay. It makes much of Christmas, and more of New Year's. One day we walked up the Champs-Élysées; and another afternoon, *for an outing*, went through the Catacombs. The sights were edifying but, according to the writer's impressions, not very enlivening. We saw three million skulls with assorted bones to suit, and it was a gruesome collection I assure you. The old portions of the Catacombs, built about 1780, seemed ready to cave in; and when you realize that we went down about ninety stone steps to get there, it can be seen how it gave one rather an uncomfortable and cheerless sensation. The odor was somewhat acid—not at all pleasant—and the bones are as brown as a copper cent that has seen much use. Few teeth remained; but as the skeletons were collected after various battles and massacres, it is not so surprising. One hour there seemed an eternity, and we were glad to get back to fresh air and sunshine.

We saw the Cluny Museum and the Pantheon on the same day. The mural decorations in the latter remind one of our own Boston Public Library, as they were both done by Puvis de Chavannes. Some of the statuary and paintings are superb. A huge stone figure by Rodin, of the Thinker, lives in one's memory.

Sunday, we went to Malmaison, the home of Josephine and Napoleon while he was emperor—saw the tombs in the local church, and then on to the Palace of St. Germain. You would adore St. Denis, where royalty is entombed—Marie Antoinette and the Louis: a fine old cathedral.

"We are proclaimed even against our wills.
If we are silent, then our silence speaks;
Our secret liking through our neighbor thrills
Our secret hatred through our closed lips leaks.
I think no man can make a lie hold good,
One way or other truth is understood.

"The still, sweet influence of a life of prayer
Quickens their hearts who seldom bow the knee;
So some fresh draughts of living inland air
To weary, homesick men far out at sea;
Acquaint thyself with God, O man, and lo!
His light shall, like a garment, round thee flow."
—*Selected.*

THE GUILD OF ST. BARNABAS

January 28, the Guild of St. Barnabas met at Trinity Church, and a goodly number attended. After service, at the business meeting, fifteen persons were proposed for membership. Those present were entertained by monologues given by Miss Elizabeth Porter. An invitation from Dean Rousmaniere to have the next meeting at St. Paul's Cathedral was accepted with much pleasure on the part of the members, the more so because of the Dean's past association with the Guild.

This year the St. Barnabas' Bee is very active. Fourteen were present at the last meeting, and a great deal of enthusiasm is shown over the box which is being prepared for the Alaska Mission. Already a large number of articles are completed. These will prove most acceptable to those who have difficulty in buying material from the stores. Rubber boots are very much in demand because of the melting of snow and ice in the spring, and warm clothing is always appreciated by the dwellers in this frigid zone.

Dr. Mann, of Trinity Church, talked to a large body of nurses at the Massachusetts General Hospital about the St. Barnabas' Guild. His talk was inspiring and most interesting. After the talk, refreshments were served, and several of the nurses had an opportunity to meet Dr. and Mrs. Mann socially. The nurses are largely indebted to Miss Marion H. Fenno and Miss Elizabeth Peden for their interest in making the talk possible. During Lent, Mrs. Mason, Associate of the Guild, will meet the nurses once a week and speak on conditions in China.

NEWS ITEMS

The Civil War Nurses' Memorial Statue presented to the Commonwealth by the Army Nurses' Memorial Association—was unveiled in the hall of flags at the State House on February 12, by Miss Dorothy Standish Lewis, a grand-daughter of Mrs. Ellen Standish Tolman, one of the nurses in the civil war. The statue, two bronze figures on a marble pedestal, the *Boston Herald* of February 13 says, was turned over to the Daughters of Veterans, and then given to the State. Governor Walsh delivered the speech of acceptance, and former Ambassador Curtis Guild, a most stirring oration. In thus honoring those noble women of Massachusetts who performed their blessed mission in the civil war, the words spoken were an appeal to American men and women of today to lift up their hearts together in the joy of self-immolation, that greater happiness may come to all humanity. The ceremony at the State House was accompanied by an outburst of patriotic fervor and sentiment. State officials, delegates from patriotic organizations, and interested citizens took part in it. Five of the seven surviving nurses who went to the front from this State, headed by their president, Mrs. Fannie T. Hazen, were the guests of honor.

We are glad to see Miss Lillian H. Morris again, after her rather protracted illness.

Miss Annie L. Maltby (Class of 1888) was ill with pneumonia at the Boston City Hospital during November-December. She has recovered and is again in our midst, actively engaged in good works.

Miss Annie C. Carlisle (1888) has been spending some time at her home, Fredericton, N. B., with her parents.

Miss Jane A. Delano, Chairman of the National Committee on Red Cross Nursing, was awarded the Red Cross gold medal of merit by President Wilson for her services in organizing the Town and Country Nursing Service just established by the Red Cross. Over 4,000 of the best nurses in the country have been enrolled for active duty in time of war and disaster. Though this force is scattered over the country, it is possible to gather at any point very quickly any number required.

Miss Annie H. Smith spoke at the Educational and Industrial Union on nursing as a vocation.

The Annual Meeting of the Social Service Department was held at the Massachusetts General Hospital, Thursday, February 5, Dr. R. C. Cabot presiding. Miss G. S. Harper, while not connected with the Department, voiced some wholesome ideas in regard to the work for the handicapped. The inefficiency of those who have suffered loss through illness or accident is often due to psychological causes. Patients are in danger of being spoiled by too much waiting upon, or by a false sympathy from their friends. It has been found upon investigation that actual habits of drink, or the starting afresh of old habits, have resulted from a "treat" on the part of his friends to a patient at the time of his leaving the hospital; he succumbs, or deteriorates under the mistaken kindness. He should rather be encouraged to become self-reliant and hopeful, which is really more in line with the intelligent efforts of the social service workers.

Dr. Richard Smith spoke of the value of the Children's Department, and Mrs. W. H. Lothrop wound up by saying how greatly the methods and aims of the Social Service Department aided in outside agencies.

Miss Virginia Hall who was ill in Ward C with pneumonia has made a good recovery. It was a pleasure to hear from an older graduate enthusiastic appreciation for all the later improvements and the whole tone and atmosphere of the hospital and training school, as she found it during her stay in the Hospital.

Miss Gertrude DeLaney writes of being busily occupied in private nursing in Youngstown, Ohio. But there is no place so attractive as the old haunts, and no work so interesting as that being done at our own Alma Mater.

Miss Edna H. Harrison has been ill at the Hospital, but is now able to be on duty again.

We are told by friends that Miss Maude H. Mabee has changed her name recently, and is now living in Simcoe, Ontario.

Mrs. C. H. Graening, formerly Miss Adele Pauline Kimball (1888), writes from her home in Waverly, Iowa, giving a pleasant picture of her busy life, which though full of pressing duties allows her time to read the *QUARTERLY RECORD*, to receiving which she looks forward with keen interest.

Miss Imilda L. Dowden (1909) is filling the position of Welfare Worker among 2200 employees in the Berkshire Mills, Adams, Mass.

By the will of Miss Harriet Otis Cruft, of 472 Boylston Street, who died August 31 last, leaving a large estate of over one million two hundred thousand dollars, the Massachusetts General Hospital received the bequest of \$30,000. In the division of her

property, Miss Cruft remembered not only the sick, but those of limited means who had known want after plenty, thus evincing a thoughtfulness above the ordinary.

The engagement of Miss Eva Catherine MacDonald (Class 1909) to Mr. T. E. Byrnes of Boston and Cohasset is announced.

Interesting pictures of Miss Linda Richards and Miss Anna C. Maxwell have been given to the school by several of the older graduates through Miss Dolliver.

Mrs. John Lowell sent a beautiful plant to the nurses' graduation and was present with Mr. Lowell at the exercises.

Miss Parsons and the Training School Staff gave a tea to Miss Dolliver January 14, in the new home. Several members of the Ladies' Advisory Committee, Dr. and Mrs. Washburn, Dr. and Mrs. Howard, Mrs. Monks and Mrs. George Morse were present.

Miss Hatlow gave a tea at the Touraine January 15 for Miss Dolliver, at which several of her former pupils were present, and a very pleasant reunion was enjoyed.

Miss Laura M. Beecher, 1913, has gone to the Newburyport Hospital as assistant to Miss Jessie Grant.

Miss Jessie G. Bentley, Miss Sara Brook, Miss Florence Duncan and Miss Alice M. Westcott, of Class of 1913, are doing private nursing in Boston.

Miss Grace Perkins (1907) who was the first nurse anaesthetist in the hospital and who has served the East Surgical Staff in that capacity most successfully for several years, resigned her position recently to take up private work in the same line. We hear rumors, and hope they are true, that she is very successful.

Miss Jean F. McPherson resigned from the Training School Staff in November. December seventeenth a very few friends were invited to see her married to Dr. George Morse, former resident surgeon at the Massachusetts General Hospital. The wedding took place at noon, in the Church of the Advent, Dr. Van Allen performing the ceremony.

The bride was married in her travelling suit and looked very charming. Immediately after the ceremony Dr. and Mrs. Morse started on a few days' trip to New York and Washington.

Their many friends wish the young couple all happiness and prosperity.

Miss Josephine A. Mulville has taken Miss Finn's place as head nurse in the Out-Patient Department.

Miss Rachel Galen is now anesthetist for the Genito-Urinary and Orthopedic Services, and Miss Conrick took Miss Perkins' vacancy.

Miss Alice M. Watson (1913) is in charge of Ward I.

Miss Margaret Lane is now night nurse at the Huntington Hospital and Miss Elizabeth Sullivan resigned her position as head nurse of Ward H to go to the Huntington Hospital as head nurse where she will have an opportunity to broaden her experience by learning some interesting laboratory methods.

Miss Corinne E. Samuelson (1913) has gone to the Holyoke City Hospital as night superintendent and Miss Louise S. Zutter has gone there as Miss Doherty's assistant.

Miss Frances A. Finn has resigned her position as head nurse of the Medical Out-Patient Department where she has rendered efficient service during the past year. She will take a much needed rest.

Miss Bernice Ettinger (1913) has accepted the position of supervisor of the surgical wards.

Miss Mabel L. Wheeler (1913) has taken charge of the Throat Room in the Out-Patient Department.

Miss Mae H. Watts has gone to the North Adams Hospital as head nurse and Miss Letitia Brookins (1912) has resigned her position in Ward C and gone there as Miss Beattie's assistant.

Miss Annie L. Loughery (1914) has taken the position of head nurse in Ward C.

Miss Adele Richardson (1914) is installed as head nurse in Ward H, for which position she is peculiarly well fitted, having had a two-year course in the Garrett Hospital for Children in Baltimore, before she entered the Massachusetts General.

Miss Alice K. Caffrey (1914) has gone to the Newburyport Hospital as operating nurse for six months.

Miss Elizabeth Jamieson (1904) after having substituted several months in the Training School office, left in January to go to the Lakeside Hospital, Cleveland, Ohio, as first assistant to Miss Samuel.

Miss Grace Fowle (1907) formerly at the Free Hospital for Women has accepted the superintendency of the Glover Home and Hospital of Needham, Mass.

Miss Helen Redfern (1907) entered Teachers College, Columbia University, in February, for a course in the Department of Nursing and Health.

Christmas greetings came from Miss Helen Stockton (1911) who is in Canton, China.

Miss Isabel Lumsden (1892), Social Worker in connection with the Memorial Hospital, Pawtucket, R. I., has been called home to Canada by the critical illness of a member of her immediate family.

Miss Alice Scott, late matron of the Convalescent Hospital, Waverley, is at present in Palatka, Florida, and sends most interesting accounts of the beautiful country, a veritable Paradise at this time of the year.

She says "the magnolia trees are full of cardinals, mocking birds, etc. The trees are laden with oranges and grapefruit, and we have all we want. I am afraid that I spend more time there than I should. The yellow jasmine, and Cherokee roses are in bloom and so fragrant. Please remember me to all of my friends."

Miss McCrae hopes that many of the graduates who are members of the Alumnae Association are planing to join the Sick Relief Association at an early date. She is anxious to report as many new members as possible in May.

Applications for membership may be sent to Miss Beatrice P. Galbraith, 16 Mt. Vernon Street, Boston. Miss McCrae will be glad to furnish any information regarding the Constitution and By-laws to those who are contemplating membership.

Mrs. Nora A. Marsden (1889) has met with a sad bereavement in the loss of her daughter Edith, who graduated from the High School last June, in Bethel, Maine. A most promising young woman of 18 years of age who was planning to fit herself for a musical career and was to have entered the Boston Conservatory of Music this year. Those of us who know and remember Mrs. Marsden have the deepest sympathy for her in her sad loss.

The following words are quoted from an appreciation written at the time of the death of Miss Anna C. Moody:

Having followed the profession of a trained nurse for nearly twenty years, she had endeared herself to the many invalids whose lot she had been permitted to soften, and their sufferings to assuage by her helpful, loving ministrations. About three years ago, Miss Moody received a severe fall, injuring her spine, which resulted in general paralysis, making her helpless. Her mind, however, remained clear to the last, and through all her illness her sweet, cheerful patience and unswerving faith in Him Whose follower she had been all the years of her life bore testimony to her strength of character and nobility of soul. There is a peculiar and beautiful significance in the fact that she who had cared so often for God's little ones should have received her summons, "Come up higher," at the natal season of the dear Christ Child.

Miss Parsons has recently returned from a very pleasant visit to Mount Holyoke and Smith Colleges where she went to speak to the students on the "Opportunities for College Women as Nurses."

Miss Doherty of the Holyoke Hospital went with her to South Hadley where they had dinner with Miss Purington at Mead Hall and a pleasant visit during the early part of the evening with several of the instructors.

Miss Parsons stayed with Miss Doherty until noon the next day when she went to Northampton. Miss Barnes, a former pupil nurse and now a student at Smith, met her at the station and took her to the Alumnae House, which was headquarters during Miss Parsons's stay in Northampton. There was a pleasant luncheon with Professor Jordan in the oldest house on the campus; dinner at Gillet House Friday and Sunday as Miss Spalding's guest, and a dinner at the Lawrence House with Miss Turner, after which there was the good fortune of being invited to the Junior Frolic and the Seniors' "Baby Party." The Junior Frolic was held in the gymnasium and represented a day at Niagara Falls. The costumes and various side shows, the brides and grooms were all very original and amusing. At the

Baby Party it was hard to imagine the students as college seniors. Very cute little girls they were and their games, songs, recitations and impersonations showed much talent and cleverness.

Among the students there was considerable interest in the nursing profession and quite a number who are expecting to train when they have finished college.

The annual meeting of the Central Directory occurred February 12, and the present officers were reelected for the next year. The business has doubled during the past year and expenses have increased naturally, but the affairs of the Directory are very satisfactory and it is felt that it has justified its existence.

Miss Margaret Henderson (1913) has returned to the hospital to take charge of Ward G.

On Thursday, February 19, a party of nineteen graduates enjoyed a sleigh ride to Auburndale. They stopped at a very pleasant and popular hotel and had a delicious supper. Although it was snowing on the way out, on the return home the stars were shining. It was voted a delightful occasion.

Those who knew Dr. Macomber while he was at the Massachusetts General Hospital will be interested to hear the following announcement: Rev. Julian Clifford Jaynes, of the First Unitarian Society, West Newton, and Mrs. Jaynes announce the engagement of their daughter Ethel to Dr. Donald Macomber of Boston (Harvard, 1906). He is the son of Mr. and Mrs. Francis E. Macomber of West Newton.

On December 10, Dr. Hollings, Miss Cannon, and Miss Harper suggested to the hospital that a Christmas sale be held to dispose of the boxes and bowls made in the cement shop. Before noon on Saturday, just three days later, one thousand notices of the sale had been sent to people whom the Social Service Department considered interested in this work for handicapped outpatients. A salesroom at 421 Boylston Street was opened on Monday, December 15, with Miss Murphy, shop instructor, in

charge. The windows were exceptionally well arranged, one of which created considerable interest, being a copy of a Della Robbia wreath of laurel and fruits. Many people who had not received notice of the sale were attracted solely by the window arrangement. The first day's receipts were beyond expectation. Many boxes were filled with plants and delivered by the hospital just before Christmas. Numerous orders were taken for bird-baths and large garden vases to be made later. Before the sale it seemed impractical to make any but the smaller things. Since then the workers have been making large Etruscan vases and garden benches. The experiment was a distinct financial success, as well as a means for advertising the work. Now that there is a larger variety of boxes and bowls, the coming Easter sale promises to be a greater success than that at Christmas.

Miss Margaret J. Ross recently sustained an injury due to a fall on slippery steps, at which time she fractured her wrist. At the last Alumnae meeting it was decided to send flowers to her at her rooms at 122 Charles Street. Although there was a good deal of pain and swelling, the wrist is doing nicely now, and she hopes soon to be active again.

Mrs. John H. Hardy (Miss Ada McNab, 1895), has been appointed the president of the Ladies' Aid Society connected with the Arlington Hospital. Judge and Mrs. Hardy are spending most of the winter in Arlington, at 126 Pleasant Street.

Dr. Theodore Eastman presented the new home with an interesting engraving of Florence Nightingale, framed with her autograph, and a short biographical sketch of Miss Nightingale's life.

GENIUS

God's gift—Man's exertion—and events to suit.

—*An old English triand.*

MARRIED

On December 17, Jean F. Macpherson (1911) to Dr. George W. Morse.

On Tuesday, December 23, Jeanette C. Macdonald (1909) to Andrew Stewart Rogers. After an extended trip in South America and the Panama Canal, Mr. and Mrs. Rogers will reside at No. 40 East Wyoming Avenue, Melrose, Mass.

On January 28, at St. John's Church, Cambridge, Mass., Josephine T. Macdonald (1912) to Dr. Harry Leslie Langnecker.

On February 14, Miss Edna Naomi Adams (Class of 1913), daughter of Mrs. Henry Adams of Waterbury, Conn., was married to Mr. Frederick Haskell Cunningham, of Boston, at the home of her parents. The officiating clergyman was Rev. Ernest Linwood Staples, of All Souls' Church, the Universalist-Unitarian place of worship in that city. A brother of the bridegroom, Paul Cunningham of Boston, was the best man. The bride, who had no attendants, was given in marriage by her father. Because of bereavement in the bride's family, it was a quiet occasion, confined to members of the families and relatives.

DIED

On December 23, Anna C. Moody (Class 1892). The funeral was held from the home of Henry L. Adams on East Main Street. The services were conducted by Rev. Bartlett H. Weston. Mrs. Charlotte O. Haskell sang "Abide With Me," with Mrs. L. L. Chaplin as accompanist. The bearers were Charles Comins, Ralph Comins, Harold Comins and Carl W. Adams. Many floral tributes attested to the esteem in which the deceased was held by all who knew her. The burial was in the family lot at South Byfield.

BOOK NOTICES

WHAT MEN LIVE BY. Dr. Richard C. Cabot.

It is the spirit of a book which gives it forcefulness and which makes it fulfill its mission or design. As Dr. Cabot himself says in another connection, in his last Report of the Social Service Department, it is the man behind the machine which counts. Here are the thoughts of a good man who has tried to penetrate the mysteries of life—to see wherein lies physical and spiritual well-being—to see what it is in living, in conduct and environment which needs adjusting so as to bring true happiness to mankind. It matters not what the opinion of some may be as to the class of people the book is likely to reach. Dr. Cabot's acquaintance with social conditions gives utterance in his writings. The two go hand in hand. He has been in close touch with those whose share in the wholesome things of life has been less than that which the more fortunate possess. Therefore his book must be for them above all others. His final idea, worship, meets the need of every human heart. Happiness is only to be found in the Source of all joy, of *life* in its highest sense.

Another helpful book which enables us to see into the lives of a large class of people dwelling on the South London Riverside is "Across The Bridges," by Alexander Paterson. The publisher is Edward Arnold. The Bishop of Southwark, who writes the preface, says of it, "Few, if any, who begin this book will wish to put it down. There is no interest like the interest of human life, and of that the book is full."



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



JUNE, 1914



Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS ESTHER DART, Stillman Infirmary, Cambridge.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS IRENE MASON, Collis P. Huntington Hospital,
Boston.

Secretary, MISS EDNA H. HARRISON, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnae Association

VOL. IV

JUNE, 1914

No. 2

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, Teachers College, New York.

BUSINESS MANAGEMENT

MISS ANNIE H. SMITH, *Business Manager*, Massachusetts General Hospital.

MISS EDNA H. HARRISON, *Assistant Business Manager*, Massachusetts General Hospital.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Annie H. Smith, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Write legibly on one side of the sheet only.

An important recommendation was made by Miss Parsons at our Alumnae meeting of March 31, to the effect that in selecting delegates for the International Convention to be held in 1915 at San Francisco, the President of the State Nurses' Association, or some such person, be chosen, who will represent a whole state. Something has also been said about the alumnae associations of the different states contributing towards the expenses of entertaining the delegates. Now that our representatives stand for so great a number, it is not reasonable to think that any locality where the meetings may happen to be held can bear the outlay involved in so large an affair as our assemblies have become. Delegates sent to the Convention should be authorized to pledge a certain amount to meet these expenses.

The Middlesex County Branch of the Massachusetts State Nurses' Association met at the South Framingham Hospital, at the invitation of Miss King, the Superintendent. The day was fair and the country beautiful, and though there were not so many members present as on previous occasions, those who did attend were charmed by their pleasant reception and entertainment. Officers were elected, and Miss Riddle spoke on some happenings relating to the Nurses' Registration Bill since February last and the present date. If anything is to be accomplished, we must endeavor to stir up public interest and the forming of correct public opinions on the subject, which is of so much importance to the body of nurses in Massachusetts. Miss Riddle also gave a résumé of the St. Louis Convention, dwelling on the Red Cross Society's action in reference to the Mexican war. Attention was drawn to the Local Middlesex County Branch of the Red Cross Society, with Newton as its headquarters, and Miss Riddle as its chairman. Information may be had from her at any time. The members attending the meeting very much enjoyed the visit over the hospital at South Framingham, and came away refreshed for another interval of work.

The Practice of Chiropody.—"There is in this community a very considerable number of persons, mostly women, whose feet need fairly constant skilled attention because of painful callouses and corns. While it is quite true that these affections are usually the result of improper use of the feet and improper shoeing, it is, nevertheless, a fact that this improper use and improper shoeing will undoubtedly continue. The appeals of fashion are so strong that there will probably always be many persons who are unwilling to undergo radical measures of relief, even if these measures are only the wearing of proper shoes. There are also many persons whose feet show permanent deformities as the result of bad shoes or rheumatic affections, and operative relief is frequently refused and is undoubtedly sometimes unwise.

"There is, and will continue to be, therefore, a definite demand for the services of some person properly trained to relieve the great discomfort arising from these conditions. The practice of chiropody has been largely in the hands of men, and as a class they have been none too cleanly. The demand which we believe exists is for the services of an agreeable woman, preferably a trained nurse, drilled in the practice of asepsis, and possessing sufficient education to make her unobjectionable to the class of persons needing her attention."

Miss Parsons has received the above expression of opinion concerning this professional occupation, and if any nurse is interested in taking up Chiropody, and will communicate with her, she can put her in the way of getting expert and special instruction.—EDITOR.

Registration in Canada.—Some of the results of the efforts put forth for registration in Manitoba have reached us. They bring to mind our own struggles for the Massachusetts Nurses' Bill. Nursing affairs have been unorganized in the locality, though there are some excellent training schools. When the Bill was finally passed, it was by no means satisfactory, and had been altered past recognition after it left the hands of the committee of nurses who had to do with the framing of it. Still, a great deal was gained. However small the school from which a nurse graduates, she must pass an examination set by the University Committee. According to the usual time allowed for readjustment, nurses may register as graduate nurses under the old standards. Applications for registration must be accompanied by a letter from the superintendent of nurses, and the diploma of the school from which the applicant graduated is necessary.

Our life is like the life of a tree, again and again stripped of every sign of life that it has put forth, and which still has gathered all those apparent failures into the success of one long continuous growth.—*Phillips Brooks.*

ECHOES FROM THE ST. LOUIS CONVENTION

Twelve Massachusetts General Hospital graduates attended the Convention, and these met at the Jefferson Hotel Sunday evening for a reunion dinner. There were Miss H. L. P. Friend, from Dayton, Ohio; Miss Gertrude DeLaney, from Youngstown, Ohio; Miss Bessie McMullin, from Columbus, Ohio; Miss Mary L. Cole, from Santa Barbara, Cal.; Miss Eunice A. Smith, from Rochester, N. Y.; Mrs. Fontaine, from Wheeling, W. Va.; Miss Flora A. Hinckley and Miss Gladys L. Farrar, of St. Louis; Miss Josephine E. Thurlow, from Saginaw, Mich.; Miss M. E. P. Davis, Miss Sally Johnson, and Miss S. E. Parsons, from Boston.

The opportunity to exchange experiences was appreciated. Two had been through fire and flood. Two had not met since one was a probationer and the other her head nurse. Miss Farrar's experiences as instructor in anaesthesia, for medical students, are unique as far as our graduates are concerned:—all are making history.

Dr. Murphy, of Washington University, sent some beautiful sweet pease for table decoration, and offered to arrange a visit to the new University Hospital.

As for the meetings, which we went for primarily, they were most inspiring. In spite of the torrid heat during the first three days, interest in all sessions was well sustained. Large audiences filled the room to overflowing on several occasions, and the most conspicuous feature of the whole convention was the "inter-denominational" interest, if we may be allowed to express it so, shown by different groups of workers in each other's lines of activity.

The connections of training schools with universities are increasing every year, and a more intelligent effort is being made

to prepare nurses adequately for the various and important demands now being made upon them.

The great task of the year that nurses have laid out for themselves is to raise a large fund toward the Florence Nightingale Memorial, to come from the nurses of the world. The memorial is to be an educational foundation for Nursing Education with some English University. The offering is to be made at San Francisco next year.

The war cloud hung over the meeting and nearly eclipsed us in the daily press notices. Miss Delano was recalled to Washington, but she said the nurses were well mobilized for action if the call came, and preparation for relief stations along the coast were well under way.

COURSES IN PREPARATION FOR PUBLIC HEALTH NURSING

A. M. CARR, R.N.

Educational Department Instructive District Nursing Association of Boston

For several years previous to 1906 the Instructive District Nursing Association of Boston, in common with other existing visiting nurse associations, was besieged, in the gradual awakening of public interest in visiting nursing and its possibilities, with applications for nurses trained in this branch of work and found that it was unable to meet the demands.

Realizing this need and the difficulty of supplying it, the Board of Managers of this Association decided to make use of their unusual resources and establish in connection with their existing organization a training school which should offer to graduate nurses a short period of experience in district nursing, to provide a groundwork for efficient public health service, and to pass on to other places the valuable experience and methods worked out in Boston.

From that small beginning has evolved the training school of today, holding a recognized high place among the few in this country since planned for the same purpose. Dr. Cabot says, "The ideal worked into the permanent structure is the real meaning of organization." A peculiarly appropriate definition it seems to me in the combination effected by this Association.

Two courses are now offered to graduate nurses desiring a preparation in Public Health Nursing.

The longer course consists of eight months, and is offered jointly by the School for Social Workers and the Instructive District Nursing Association. Two-thirds of the student's time is given to the work in the school, one-third to practical nursing work under the direction of the Association. To quote the circular issued by the School for Social Workers: "The aim of this course is to give the knowledge needed for any form of social service, with an insight into the special social and industrial problems upon which public health is dependent."

The work in the school includes such topics as The Family; Standards of Living; Housing; Family Budget; Recreation; Work as Related to the Individual, Family, Employers, Community; Organization of Labor; Community Relation and the Principles underlying Social Effort; Types of Need and Neighborly Relations.

The history of the development of public health nursing with organization and administration is taken up. An excellent course of extension lectures in medical-social subjects is also included.

The practical work is carried on throughout the course; two days in the week being given to this under the supervision of the Instructive District Nursing Association. The type of practical work is elective.

Preventive—with experience in baby welfare work, prenatal work, and other work where emphasis is laid on the preventive side. The School for Social Workers arranges field work for this group in Social Service Departments of Hospitals.

Public Health Nursing in General.—Students electing this are given experience in the homes of patients under the care of the

Instructive District Nursing Association. The practical social work for this group is with the Associated Charities and continues during the year. The fee for the eight months' course is eighty dollars.

The shorter course consists of four months' instruction, directly under the charge of the Instructive District Nursing Association, and is offered to graduates of recognized hospitals as a post-graduate course, for the purpose of providing a basis for the branches of social work where nurses are in demand.

The course takes up the ordinary procedures in visiting nursing in all its branches, and deals with the educational and preventive aspects of the work.

The practical experience is gained in nursing the patients under the supervision of an instructor in a "district" set apart for this purpose. Two months are allotted to this branch of work. Preventive work for mothers, preventive work for babies, and four weeks' experience with the Associated Charities under the direction of their District Secretaries occupy the remaining two months. The theoretical instruction by means of classes, conferences, and excursions occupies six to seven hours weekly.

Weekly excursions to institutions cover a wide field, from observation of the Walker-Gordon Laboratory and milk farms to the Home of the Feeble Minded, and inspection of the arrival of immigrants at one of the docks.

Besides the more formal classes the students have the advantage of talks and instruction from the Secretary of the Associated Charities, the head nurse of the Milk and Baby Hygiene Association, the Director of the social service department of the Massachusetts General Hospital, and others, on their special subjects. They also attend the weekly conferences of the Association held at the Central House, hear the reports, listen to discussion of the policy of the Association and are kept closely in touch with interesting and new developments. The students are given an opportunity to visit with the school nurses, through the courtesy of the Division of School Hygiene and also spend a

day in observing the work of the Boston Consumptives Out-Patient Department, and the work of their visiting nurses.

It would be impossible to give in detail the many opportunities for special lectures and visits to places of interest in the broad field of social work which Boston offers to the acquisitive minded, which the students are encouraged to take advantage of as freely as is possible with their more definitely arranged work. But it will, I think, be seen from the brief outline given that both the longer and shorter courses offer a balanced plan of closely related practical and theoretical instruction.

The expert supervision of the practical work given by an instructor familiar for many years with the methods of the District Nursing Association is one of the essential and valuable features of the course. We are also very fortunate in our shorter course in having a close association with the Associated Charities, each student spending a month with one of the district secretaries gaining a variety of experience in dealing with social conditions impossible otherwise to obtain.

We have had many expressions of appreciation from the students themselves of the value of the course. One of the graduates of the eight months course describing it at some length in the *British Journal of Nursing* concludes: "This abstract gives but a faint idea of the scope of the course and how much one's grasp on things has been widened and deepened. Life must always be the fuller for this experience."

The graduates of the course are widely scattered—some in administrative positions in public health work, others on the staff of visiting nurse associations, in welfare work in factories, in the interesting task of building up visiting nursing and all that is now included in the term "public health" in small towns and rural communities and in other of the increasing opportunities offered to nurses having this preparation.

The reasons for existence of this special training? Prevention, as we know, has grown to be the watchword of our time. In Prof. E. A. Winslow's admirable paper on "The Public Health Nurse and her Preparation for her Calling," which should be in

the hands of every nurse, we read, "Education then is the keynote of the modern campaign for public health . . . we need large bodies of sanitary educators to bring our knowledge to bear on the individual citizen who alone can make so much of it effective. Some of these missionaries of sanitation will be physicians but most of them will be nurses. That is why, in my judgment, the visiting nurse is the most important figure in the modern movement for the protection of the public health." Going on to speak of the necessity for special training, Professor Winslow writes further: "The superstruction needed to convert a nurse into a public health nurse is essentially the same as the training needed to make a physician into a public health physician."

The special Public Health Commission, which drafted for New York State the new health law, defines once and for all the opinion of its members when we find in the printed report "the advent of trained nursing marks not only a new era in the treatment of the sick, but a new era in public health administration."

We know that a doctor's degree is no longer considered the only requisite in preparing a man for administrative positions in public health work. In Boston and in other cities schools for health officers have very recently been established. Neither is it now considered that two—or three—years spent in the wards of a hospital can give the nurse that knowledge and outlook which must be hers, if she is to fulfill this high hope and become the public health missionary of the hour.

It seems evident that a definite and carefully planned course is essential to give a knowledge of the methods and an understanding of the problems underlying efficient public health service and which cannot be obtained in institutional or private nursing experience.

"Accuracy of diction means accuracy of sensation, and precision of accent, precision of feeling."

*DEMAND AND SUPPLY AS RELATED TO NURSES AND
NURSING*

Address by Dr. Fred S. Murphy, Washington University Medical School, St. Louis, Mo. Read before the conference of the National League of Nursing Education, St. Louis, April 24, 1914.

In order to consider this problem of the education of nurses intelligently, we must analyze two factors,—first, the demands made upon the nursing profession, and second, the means of meeting these demands. Under the latter heading, we shall have to consider educational as well as physical means, or it might be put, method and material.

The great demand of today is, as in ages past and as it always will be, the demand of service. We are prone to consider nursing as beginning at Kaiserswerth with good Pastor Fliedner in 1836. That was only the beginning of our conception of the modern trained nurse. Fabiola and Flacilla, fine Roman matrons of the fourth century A.D., and numberless devoted Sisters, had served, in so far as they were able, the sick; and doubtless Deborah, Rebecca's nurse, who "died and was buried beneath Bethel under an oak," attended her mistress with care and tenderness.

We do well to emphasize this demand of service. It has been with the profession of nursing as with the medical profession, perhaps the greatest factor in preserving the highest ideals, for to render service to the sick is the first essential of both professions. Service, however, is too often interrupted to mean only manual care and sacrifice of self. Both are necessary, to be sure, but we must remember that the development of science has altered materially the possibilities of service. War and religion, the earlier compelling forces, offered and required primarily a manual type of service. Science demands in addition, mental training. Walter Reed served humanity in a much more

effective manner by his experiments with yellow fever than dear old Dr. MacLaran in his care of the Highland folk; yet Reed sat by no bedside in the attitude of Watts' physician with whom many of you are familiar.

So it is with nurses and their possibilities. The requirements of their service can no longer be considered as simply manual. It is far from my intention to decry the need for kindly and sympathetic manual service; in fact, you will remember that service—to serve the sick—was given as the first essential of nursing; but I would emphasize that there are many other ways of helping the sick; that modern development has built upon the great fundamental principle and has opened up new avenues of activity for the nurse, no less essential than personal care. Not long since, to become a nurse meant actual bedside care in private or individual work, or the rare teaching or administrative position. Today, while the demand for actual nursing service is perhaps greater than ever before, the possibility of work in other fields has developed in a most remarkable way. As representing these new possibilities, in fact they are demands made upon the nurse by an insistent public, may be mentioned specialized work in the administration of institutions; work in the technical supervision of laboratories; work as assistants and supervisors in operating rooms; work as anaesthetists; work as administrators of milk stations and public charities; school nursing; house visiting; Social Service work in general; and so I might go on almost indefinitely.

In short, besides requiring of the nurse a high degree of technical skill and intelligence in the actual care of patients and as assistants of the doctor, she is being asked to give material and efficient assistance in every health and social problem. This does not mean that every nurse would be qualified or equipped to undertake the special work, any more than it can be assumed that every medical student will become a specialist. To most of you, as to most of us, general work will be more attractive, and with nurses as with doctors, general practice, if I may use the term, will and should be the goal than which there is none other more

noble or more essential. But to hold that the demands made upon the nurse of today contemplate only manual training, or if combined with mental training, mental training of a very superficial character, is to fail to appreciate what nurses are doing, and what the public and doctors are asking them to do.

To follow our general scheme, let us now consider the means of meeting these demands. First, the physical means. Hanley, in those wonderful verses in which he paints hospital life in the old Edinburgh Infirmary, gives us the picture of the staff nurse, old style,

“With her broad Scots tongue that flatters, scolds, defies;
The thick Scots with that fells you like a mace,”

but hastens to add

“Patients and students hold her very dear;
They say the chief himself is half afraid of her.”

and in contrast paints the staff nurse, new style, as one

“Kindly and calm, patrician to the last,
Who knows that she has exceedingly pretty hands
And speaks Latin with a right accentuation.”

—different types distinctly, but both essentially fine; both women who have labored long that they might better be able to render service to the sick. So today we see the widest possible variations, influenced by community or sectional feeling, by the demands and possibilities of service, representatives from every self-respecting, hard-working stratum of society,—a physical material which has perhaps been lessened by inherent weaknesses in the method of training, by limitations in the possibilities of service, but so long as there be women, there must always be a large number who will feel more than any other call, this call to nurse. It is an inherent feminine trait. To repress it is possible; to obliterate it, impossible.

The physical supply, then, may be said to depend upon not only the demand but the possibility of service and the method of training.

Remarkable as has been the development of systematic trained nursing since the pioneer work at Kaiserswerth and that immediately following in England under your patron saint, Florence Nightingale, we are agreed, I think, that the conditions controlling the education of a nurse have not been and are not uniformly ideal. With certain exceptions, of which none is more striking than the school at Waltham, training schools for nurses have been developed as an integral part of the service of great hospitals, even though many of the older schools were in the beginning governed by a separate board of managers and distinct from the hospitals. Grafted on to the purely commercial side of hospital life, the training of the nurse assumed of necessity a commercial aspect. She has been, and is too frequently looked upon as an asset of the hospital rather than an intelligent student serving in the work of the hospital in order to further the hospital's development as well as her own. Don't take it that I would imply that the sole idea in the minds of the governing boards of most of our institutions has been to take service and give nothing in return; for I believe that this idea is unjustly overemphasized today. The hospital had to give that which is essential in the training of the nurse,—that is, patients and facilities,—and if they tended too much to take what they could get in service and give too little in return by way of actual training with other than practical work, it should be looked upon as a whole as an error in method rather than a selfish desire to get something for nothing.

Be that as it may, however, the training of the nurse has been, and still is, in my opinion, in too many quarters looked upon as distinctly manual, and the training school as a part of the hospital service rather than a department interested primarily in the education—technical though it may be—of its pupils. The mental development, if considered at all, has occupied a secondary position. Now neither extreme can be looked upon, perhaps, as desirable. A nurse with extensive theoretical training without practical experience and tact, compares unfavorably with her co-worker who has had this experience and has tact. In the best

hospitals, the tendency to balance better these elements of training is evidenced by the increasing number of schools which are really giving sound preliminary and theoretical training, or have affiliated with some educational institution which is prepared to give this work, and also by the addition to training school staffs of paid instructors; but too generally still, the nurse is trained because she can give the hospital something and not because the hospital has something which it wants to give the nurse.

This idea might be further developed by referring to the abuses which have sprung up in the small specialized hospitals quite unable to offer clinical advantages which are adequate as well as failing wholly in offering theoretical training, where requirements of admission—in fact, requirements of service, except manual detail—were quite overlooked. If these defects have existed in the past, if they are preventing today too generally the preparation of the nurse to meet the demands of the profession, what solution may be offered? It is always easier to offer destructive criticisms than to offer a simple and practical way out. In considering a solution, we must, I believe, draw the line sharply between that which is possible and that which is ideal. Local conditions may prevent absolutely any attempt to develop what seems to me to be the ideal condition. Consider first that which is possible,—the readjustment of existing opportunities. In order to do this, the scope of the demands upon the nurse must be appreciated and the existing, well-established schools so modify their curricula and practical training as to meet these demands. Just such meetings as these are necessary to crystallize in the minds of the nurses themselves, the needs for these changes,—to educate the nursing body to appreciate the full possibility of today, and while emphasizing these possibilities, to emphasize again, as always, the theoretical training, valuable as it may be, can never take the place of capable, tactful service in which self is subjugated and the needs of the patient or of the situation made the sole consideration, for trained nursing has been done many a grievous wrong by a failure to place service above self.

A demonstration of the needs and the formulation of a solution may be considered to be the first step, the step to be taken by the nurses themselves. The next step is to further educate boards of control so that they will feel a responsibility as to what they give in return for indispensable service; to educate men to appreciate the fact that the demands of today require a manual and theoretical training quite comparable, except in degree, to that of the doctor. To consider next what I would term the ideal development, I know that I am here treading upon delicate ground. Tradition and precedent are not to be pushed aside lightly, for experience is a grand teacher. As I see the essentials for this development, they are, so far as the form of organization is concerned, an entity for the training school independent of direct hospital control; direction by an existing educational institution or by individuals in sympathy with and able to provide facilities for the education of the nurse as well as for purely technical training; opportunities for hospital service under conditions that will assume the broadest and most exacting and practical training; opportunities for training outside of the hospital in the fields of public health, home visiting, and social service.

Educators are agreed that the successful development of any scheme of organization is dependent in large measure upon the abilities of the teachers; so with the plan proposed. There needs must be combined administrative and technical ability of the highest type as well as ideals and visions which consider not only the needs of today and tomorrow, but of the future. You know, I am sure, of the development of the training school in certain of our western institutions, than which none is more interesting than that at the University of Minnesota, but it would be more vital, perhaps, if I tell you of the way we have attempted to solve this problem for ourselves here in Washington University, rather than to view and discuss developments elsewhere.

As isolated units, suitable for use in the education of the nurse, we have the Medical School, Hospitals and Dispensaries, the University, the Training School, and the Social Service De-

partment,—rather an usual equipment, to be sure. If we fail to make use of it, the fault will be ours and yours, for the material is moldable to any degree by intelligent and insistent effort. I include you as a party in responsibility, because we must look to you, as representatives of the profession, for advice and support.

As the first step towards this new organization, we have placed the immediate control of the Training School for Nurses and the Social Service Department under the Hospital Committee, which is composed of the heads of the clinical departments, the Professor of Pathology representing the laboratory subjects, and the Hospital Superintendent. This Hospital Committee is answerable to the Executive Faculty of the Medical School, which, as any other University unit, is under the direction of the Trustees of the University; that is, we have made the Training School and the Social Service Department independent units under University control, thus assuring protection from a too intensive consideration of service regardless of the return and direction by an institution primarily interested in education.

By this arrangement, we have been able to supply adequate instruction by trained men and women, and laboratory work in the preparatory course which is given in the laboratories of the Medical School by the staffs of the various departments. This instruction in the Nurses' Home and in the Hospital is given by trained nurse instructors. The Department of English of the University has given various general lectures, and will, beginning with the fall term of this year, give two hours a week of systematic class work.

Two scholarships for post-graduate work have been made available beginning with the present June class. A curriculum has been inaugurated which provides on an eight hour a day basis for six months' preparatory period devoted to instruction in the fundamental subjects; a year of elementary ward work and instruction; a year in advanced hospital work and instruction; and a six months' period for special elective training in

hospital administration, special technical training, or Social Service work.

Our own Hospital provides clinical training in medicine, surgery, and obstetrics, and the Saint Louis Children's Hospital affords opportunities for nursing in all types of children's and infants' diseases. This hospital pays the University for service rendered. On moving to our new buildings, the Barnes Hospital replaces the present University Hospital. This may require certain internal adjustments, but we believe that the fundamental ideals of control and development will in no way be altered.

Until recently, our departments of Training School for Nurses and Social Service have been separate units under the immediate direction of individual heads, though both were under the direction of the same committee. On April 15, Miss Stimson was made head of the Department of Nursing and Social Service. We believe that the combination of these two departments, each to be administered by a distinct and adequate staff, will increase the efficiency of each, and make possible a development which is limited only by the opportunities of our community and our ability to meet these opportunities. Let me make it quite clear that we are not trying to combine the technical training of the nurse and the Social Service Worker. We recognize fully that the demands of each service may require a wholly different preparation, but we are convinced that a certain amount of Social Service work may require elements of nursing, and that much of the nursing work might be better done if to the technical training were added the elements of Social Service work. We want to supplement the one with the other wherever that may be desirable, without in any way subordinating either. We recognize that, owing to physical difficulties incident to our present location, it has not been possible to carry out in every detail all that we might have wished. For these omissions we can only express regret.

Now as to the hopes for the future. If the fundamental idea is accepted that the training of the nurse is as essentially a mental as a manual problem, then this training, just as training

in any other educational line, can be best furthered as a department of a University. This we definitely plan to accomplish. Up to the present, limitation in the number of applicants with a sufficiently extensive preliminary training to admit them on the same educational level as the University students, has prevented this. The University, however, stands ready to establish a Department of Health and Nursing just as soon as we can conscientiously advise them that the work is here to do. With the organization of such a department, a diploma from this department, whether it represents the intensive instruction in the specialized training of the nurse or along the lines of Social Service, will carry with it the same distinction as a University degree given in other departments.

On such a basis, the training of the nurse immediately becomes a profession. Such a training is not alone applicable and desirable for those who expect to do this as life's work, but it should offer, beyond the mere technical side, a training equal to that of the university or college as a preparation for the greatest of all duties and pleasures,—homemaking.

I believe that we have in no sense seen a glorified vision of the possibilities of this development in the training of women. The demands of the day require it, the available material, we believe, will justify it. Surely, satisfying this fundamental principle of supply and demand, the result cannot but be an advance.

NEWS ITEMS

Miss M. A. Nutting, Professor of Nursing and Health at Columbia University, spent a few days recently at the New Home. Miss Nutting visited classes and clinics and expressed approval of the methods employed. She also pronounced our home as nearly perfect as any she has ever seen.

At a reception given by Miss Parsons for Miss Nutting, a limited number of outside guests were invited, among whom was Miss Grace Baxter, a Johns Hopkins graduate, who in-

troduced modern nursing into Italy. Miss Baxter is taking a post-graduate course at the Instructive District Nursing Association.

The Women's City Club opened the Pop-Concert season May 4th, and there were several Massachusetts General Nurses observed at different tables. This is a Club where women representing all businesses, professions and society may get to know each other. Out of the acquaintances it is hoped sympathy and understanding may develop for special and common interests. While every profession requires its professional organizations for social purposes, a cosmopolitan club is far more satisfactory in the way of entertainment and growth. The City Club is to have the beautiful Inches Mansion on Beacon Hill for its headquarters. The membership at present is nearly three thousand.

Miss Alice H. Munsie (Class 1910) has resigned her position as night superintendent at the Corey Hill Hospital, Brookline, to accept the position of operating room nurse at the Bay View Hospital, Baltimore, Md.

At Springfield, Vt., a new Hospital with eleven beds was opened on March 1st. Miss Isaline A. Davis, R.N. (Class of 1886) is the Superintendent and Matron. The Hospital is equipped with furnishings of the very best quality, provided by individuals and local societies. At the first use of the operating room, three major operations in one day were performed by Dr. Pierce of Greenfield, Mass., assisted by local physicians and the nurses. During the first month twelve patients have been treated, making a good recovery in every case. The town people are enthusiastic over the new Hospital and the service rendered there, and are aiding its support by frequent and generous donations.

Miss Viva Z. Tedford, who graduated from the McLean Hospital in 1909, and completed a post-graduate course at the

Massachusetts General Hospital, 1910, was married June, 1912 to Dr. Everett H. Field, and is now living in Patten, Maine.

Miss Sena S. Whipple (Class 1893) was operated on for mastoid at the Deaconess Hospital, March 4.

Miss Flora F. McDonald (1901) has left the Eliot Hospital, where she had an operation for gallstones, and is now recovered.

Miss Josephine M. Gordon (1895) has returned from Camden, S. C., with a patient.

Miss Mary E. Foss (1896) is in California, visiting her sister.

Those who knew Dr. Charles P. Putnam, of Boston, will be made sad by the knowledge of his death. Beneath the surface of austere integrity there beat a tender heart, especially for children, and for those in need of such aid as he could give, whom suffering had reduced to weakness. In address, his reserve covered strength of intellect and refinement of soul. His last sickness was patiently borne, and he was ministered to by one of our own graduate nurses, Miss Lilian H. Morris.

Miss Frances R. Renear has gone to the Wesson Maternity Hospital, Springfield, as head nurse.

Miss Mae Watts, Assistant Superintendent to Miss Beattie at the North Adams Hospital, met with a serious accident recently. Falling from a stepladder, she injured her spine, and paralysis resulted. She is having every attention possible, and the latest news of her condition is more reassuring.

Miss Margaret A. Matheson was obliged to give up her work at Clifton Springs Sanatorium on account of health. It is believed that a change of climate and rest will completely restore her to normal condition.

Miss Jennie M. Barrows has accepted the night superintendency at Corey Hill Hospital.

Miss Mary R. Walsh (1905) is Assistant Superintendent of Nurses at the Leland Stanford University (Cal.) Hospital.

Easter greetings were received by Miss Parsons from Mrs. Susan M. Cook, from Paris. She says she would like to look in upon our Alumnae meetings, and often thinks of the dwellers at the M.G.H.

Dr. and Mrs. James W. J. Marion have left Medford, Oregon, and are to settle in Norfolk, Va. Mrs. Marion was Jean C. Cartwright, Class of 1908.

Miss Annie Fletcher (1892) has returned to Boston after a stay of six weeks in Halifax, where she was called on account of her sister's illness.

Miss Grace Wolcott, graduate of the Noble Hospital, who has recently completed the Administrative course, has accepted the superintendency of the Waterbury Hospital, in Connecticut. It is a hundred-bed hospital with every modern department and equipment.

Miss Zilla MacLaughlin, of the Deaconess Hospital, and Miss Elinor D. Gregg, graduate of the Waltham Hospital, are taking the Administrative course.

Miss Edith Cox, of the Faulkner Hospital has been given a seven months' leave of absence, and expects to take an extensive Western trip before resuming professional responsibilities.

Miss Mary L. Keith, of the Rochester City Hospital, and Miss Agnes E. Aikman, of the Bellevue School of Midwifery, have made short visits to Boston.

The *Modern Hospital Magazine* for May gives a notice of the annual meeting of the Canadian Society of Superintendents of Training Schools for Nurses to be held this summer, July 8 and 9, in Halifax. Miss V. L. Kirke (Class of 1905), who is Superintendent of the Victoria General Hospital in that city, is president of the Society. The papers to be read are on subjects which have absorbed our attention in Massachusetts. Among them are "Preliminary Training," "Standard Curriculum," "Nurses' Residences," and others which present an attractive outlook for the approaching convention. At the close of its sessions, the Canadian National Association of Trained Nurses, of which Miss Margaret MacKenzie, Superintendent of the Victoria Order of Nurses in Canada, is President, will open its meetings, July 10 and 11; and on Sunday, July 12, a special meeting will take place in the interests of general nursing work.

The Malden Hospital Training School held its graduating exercises in the hall of the Y. M. C. A. Building, Malden, on the evening of the 28th of May. Dr. David Snedden, Commissioner of Education in Massachusetts, gave an exceedingly fine and helpful address in which he pointed out, after defining our present day conception of advance and development, some of the dangers and cramping effects of progress, and that in particular where specialization is involved. Our duty towards ourselves and mankind is to broaden ourselves, and in our leisure hours, study the thoughts, endeavors and accomplishments of those who have actively solved some of the problems of existence. After the exercises, a reception was held. Those who received were closely associated with the founding and management of the Hospital.

O LITTLE MAID, IN YOUR ROSEBUD BOWER

O little maid, in your rosebud bower,
Dreaming of growing old,
Wishing youth always would linger, a flower,
Never in haste to unfold;
Lift from the shadow your sunshiny head!
Growing old is nothing to dread!

O little maid in the rose-tree shade,
See how its dry boughs shoot!
The green leaves fall, and the blossoms fade;
But youth is a living root.
There are always buds in the old tree's heart,
Ready at beckon of spring to start.

O little maid, be never afraid
That youth from your heart will go;
Reach forth unto heaven, thro' shower and shade;
We are always young while we grow.
Breathe out in a blessing your happy breath;
For love keeps the spirit from age and from death.

Lucy Larcom.

MARRIED

On April 22, at Berkeley, California, Harriet Rebecca Calkins, Class of 1912, to Matthew Howard Ames, Passed Assistant Surgeon, United States Navy.

BIRTH

To Mr. and Mrs. Byon B. Anderson, a son. Mrs. Anderson was Margaret F. Cunningham, Class of 1913.

BOOK NOTICES

THE FEAR OF LIVING. Henry Bordeaux.

Enthusiastic readers of this book say it is a new departure in novel writing. By "The Fear of Living" is meant the dread and avoidance of hardship and self-sacrifice, the only media through which the rays of true happiness and interior peace can reach human beings, conditioned as we are by good and evil. The weakness of society in its superficial and luxurious interpretation of life, a view gendered by the possession of wealth, or by the *love* of money, which is the root of all evil, is laid bare. One is "incited to seek the true end of human existence, which is not to set up one's own welfare as one's object, but, striving valiantly and unselfishly, to make oneself the link between the generations past and those to come." The characters of the book are admirably suited to portray these deeper truths of life. Those who are blinded by possession and indulgence, though the poisonous cup of pleasure is drained to the dregs, find only satiety, which may be mistaken for happiness until too late to change the bent of one's life. On the other hand, the recognition of our dependence, our limitations, and the submission to the laws of harmony bring the energy needed for growth, the strength to meet life's difficulties, and, as the crowning reward of love, the capacity for loving. Exquisite glimpses of family affection, of the affinities of human hearts, of fortitude and self-control are given in such a way as to inspire and enlighten all who read. There must be struggle. "Life itself suffers violence, and the violent take it by force." Lukewarm natures possess no creative power. But "the only true energy is that which is ordered and disciplined." Responsibility rests with those who teach the young first lessons in the upbuilding of character; and then all will depend on the use made of such teaching.

A DOCTOR'S TABLE TALK. James Gregory Mumford, M.D.

Less than two years ago, Dr. Mumford gave us this, as it might be called, crystallization of his thoughts on some general subjects. In his inimitable style and felicitous way he embodies ideas which often lie in our conscious or subconscious thought unexpressed. We feel the truth of what he says so delightfully. His wide experience with books, men and affairs, added to a large city practice (when he dwelt among us), gives him a generous and tolerant viewpoint; all of which shows that doctors do think, philosophize, and bring into concrete form beliefs concerning life, which are apt to be more up to date with modern advance than the opinions even of scientists and other professional men. It is because doctors come in contact with *real* life in its best and worst aspects that they are able to make from their opportunities for observation those deductions which reveal the actual stage of the progress that the world has reached.

CUPID'S COOK BOOK

FROZEN DAINTIES

To one ardent youth from anywhere, add a Boston maiden. Combine the ingredients with a large quantity of water and a small canoe. Dip lightly into Browning and Ibsen, stir in Maeterlinck, and skim off the froth. Smother a tender glance or two in a heaping measure of Christian Science, dissolve all sentiment in Higher Education, flavor with the extract of Mayflower, chill with a breath of Back Bay and throw into a Beacon Street freezer. This quantity will serve several people once.

L. J. M. T.

Hood's Milk is Clean



We are the only milk dealers in New England who pay a premium for milk from clean dairies.

This premium is based on inspections by the Boston Board of Health.

H. P. HOOD & SONS

Leaders in Quality for Over Half a Century



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



SEPTEMBER, 1914

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS ESTHER DART, Stillman Infirmary, Cambridge.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS IRENE MASON, Collis P. Huntington Hospital,
Boston.

Secretary, MISS EDNA H. HARRISON, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnae Association

VOL. IV

SEPTEMBER, 1914

No. 3

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, The Children's Hospital, Boston.

BUSINESS MANAGEMENT

MISS ANNIE H. SMITH, *Business Manager*, Massachusetts General Hospital.

MISS EDNA H. HARRISON, *Assistant Business Manager*, Massachusetts General Hospital.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Annie H. Smith, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Write legibly on one side of the sheet only.

OUR readers will be much interested in Miss Holton's account of her original and important work, although she has said little of her own activities in connection with it. Investigation in the way of following up the occupational histories of patients; education by means of lecturing before clubs of various kinds; and most important of all, interesting as many people as possible to help her in spreading this doctrine of preventive medicine are absorbing all her time and energies. The work is carried on entirely by voluntary contributions, and more money is needed to pay for clerical assistance, etc. The Editors of our RECORD feel sure that there are individual members of the Alumnae who will be glad to help this work along, and they hope the Alumnae treasury may be able to yield at least a small sum

for the benefit of this far reaching endeavor which is not only valuable to the community, but reflects credit on our beloved Hospital.

The September QUARTERLY heralds the return of Alumnae members to their posts of duty, although some are still absent, taking their yearly recess. The interim since the June number contains, as is usual, much of professional importance. The results of the National Conventions were given in the various nursing magazines; and one thing which should be known and circulated is the establishment by the American Nurses' Association of a Central Bureau of legislation and information at Chicago. Miss M. C. Wheeler is chairman. Her address may be found in the Official Directory of the *Journal of Nursing*. She can supply data connected with state board literature and statistics. Miss Parsons will be glad to secure copies of Convention papers, including those read at the legislative session. The usual arrangement to have the three national societies, the American Nurses' Association, The National League of Nursing Education, and the Association for Public Health Nursing (whose interests are really one), meet simultaneously was an advantage not only to those coming from a distance, but to the many who were desirous of being present at the sessions of each society. One must do quite a little planning with oneself in order to reap the benefit of listening to the excellent papers read. Such discussions of the questions of the hour mean preparation on the part of the speakers, whose object is to sum up the best experience and knowledge and give it back to those who come with the hope of receiving help in meeting their own special difficulties. Those who are unable to attend the meetings should follow up the accounts of them in the papers. It is a way of appreciating the valuable time and thought given, often with considerable effort, by individual speakers and delegates.

The Red Cross Nurses' Call to Duty. Our first thought is for the Red Cross Nurses, and it is with some pride that we note

how many of them represent the Massachusetts General and the Boston City Hospitals, and the important part which Massachusetts has always taken in the Society. The call came for the exercise of their high mission in the European war, but to a larger extent than was ever dreamed of in this age which has striven to do away with the horrors of war. They responded with alacrity, anticipating the perils of land and sea; and with hearts which break in the presence of such awful need—such pitiable sights as no human eye can look upon and not shed tears—they have ministered to the sick and dying. When whole cities are turned into hospitals, one can gain some idea of the number of nurses needed. We say *vive la Red Cross*, but the hope must be qualified to mean that while we pray that this noble band of nurses may live through and be prepared for the situations which they must encounter, it may be to bring them to that time when, on earth, war shall be no more, but in its place the reign of universal peace.

The Canadian Army Nurses. Miss Tippet sends us the following from the *Toronto Daily News*. "The first Canadian contingent to leave for Europe will have with it three hundred nurses. They are being enlisted at the present time with the Volunteers. Applications are pouring in from all over Canada, and there is likely to be little difficulty in securing the full complement of first class nurses. The age limit is 38, and only nurses in good standing will be selected." It is said also that Premier Borden approves of the proposed hospital ship, and that \$100,000 is being raised by the Imperial Chapter of Daughters of the Empire to equip it for use in the present emergency. Miss Mary Plummer, of Sylvan Towers, who was the originator of the idea, will take charge of the whole movement.

The Nurses' Bill. We should not forget the work which lies immediately before us in preparation for state legislation, so long hoped for, so long deferred. In presenting a bill to the legislature, there are several points to be considered. The bill itself

should be wisely drawn up. To accomplish this it is absolutely essential to understand thoroughly existing conditions and needs, and to educate public opinion to see the real facts of the case. The latter is most important if the measure in question is not to be driven about by every blast of doctrine, influenced by selfish interests, or pushed aside by those more eager than ourselves, who by their importunity succeed in getting their bills carried. As a state body, we are not working hard enough; or, perhaps it would be more fair to say, not generally enough. The present is a period which may well be devoted to clearing the way for the next hearing of our bill. It has been thought by many that a campaign of the state would be helpful, the work being that of arousing interest; conferring with trustees of hospitals; and laying before the people at large in places where training schools are established the need of a training school inspector who will take a census of the training schools and hospitals of the commonwealth, and make such recommendations as will tend to raise the standards of teaching and training, striving to bring all under a uniform system. What is really needed on our parts is enthusiasm, inspiration in our good cause. It is urgent that we should not be found napping at this time, but rather come to the Alumnae meetings prepared to discuss a matter of such vital importance to the nurses' bill, with the aim of reaching some common plan of action.

RED CROSS WORK AT CHICKAMAUGA PARK

By MAUD CROMELIEN.

I HAVE been asked to describe the work of the Red Cross Auxiliary for the maintenance of trained nurses, accomplished in the field at Chickamauga Park, during the memorable summer of 1898, as I had the privilege of being the representative of that society in that field from the 27th of July to the 20th of September.

The story of the beginning of our work there may be interesting to the profession, for it is another example of the struggle

of women to take their proper place at the side of the suffering and wounded during the hardships and perils of war. To be sure, there were no wounded at Chickamauga, the enemy being too far away for that, but there was disease, terribly aggravated by neglect, to call forth the energies of the trained nurse instead, and under such trying circumstances as to tax her ingenuity, patience and endurance to the utmost.

I was sent to Chattanooga, Tenn., during the latter part of July, to attend to some matters pertaining to Red Cross nurses at Leiter Hospital. That hospital was about five miles outside of the encampment at Chickamauga Park, known as Camp George H. Thomas. My mission having been accomplished there, I drove over to the camp to visit it before going North.

One or two officers described the condition of affairs that I was likely to find there and begged me earnestly to provide nurses if possible. I drove at once to the chief surgeon's tent, and was received with military courtesy and kindness. I expressed the hope that the Red Cross might be of service to them there, especially as regards the care of the sick in hospital. As far as supplies were to be considered, they were already being generously supplied by the Red Cross Relief Committee, and they would be glad to accept any that the Auxiliary might wish to donate, but as for women nurses in a field hospital—that was out of the question. Wishing to know their reasons for so emphatically refusing the work of trained and skilful nurses, I questioned the three officers present, all surgeons in the regular army, and received the following unsatisfactory answers:

"Nurses had never worked in the field before. They could not stand the hardships of field life. Women embarrassed the sick soldiers during the Civil War (thirty years ago). They were only fitted for work in city hospitals, when conveniences were always at hand," and a host of similar objections. As they seemed decided in their resolve not to admit us, I asked for permission to visit the division and regimental hospitals and see for myself in what condition they were, and how the sick were cared for by the orderlies and untrained soldiers. This was re-

luctantly given and I was informed that one hospital would be enough to convince me there was no place for women in the field.

I drove over the eighteen square miles that comprised the camp for six hours without resting, visiting every division and many of the regimental hospitals there. Everywhere the surgeons wanted trained women nurses, and would have been glad to have put up tents and arranged the accommodations for them themselves, so anxious were they to have them to take care of that multitude of men suffering from typhoid and malarial fevers. The newspapers have described the horrors of the situation sufficiently vividly, but not one word of their "sensational reports" was exaggerated. The suffering was great, the neglect was greater. I could not let the matter rest and return to the North, if there was the least chance to get to work there and help, if it was only to nurse and care for one of the smaller field hospitals. Accordingly, I wrote a short note to the chief surgeon, enclosing a statement of what I knew the Red Cross Auxiliary was willing to do for the relief of the soldiers, and then I waited.

The situation was growing worse, there was no nursing, no proper cooking, lack of supplies as well as attendants, and an increase in the numbers of cases.

The statement was considered and finally recommended to the Surgeon-General of the Army, who on the Third of August sent the following telegram to the Chief Surgeon at Chickamauga Park:

Washington, August 3, 1898.

Hoff, Chief Surgeon,
Chickamauga Park, Ga.,

Yes; you are authorized to accept Red Cross nurses.

(Signed) Sternberg, Surgeon-General.

I was notified and it was with glad heart I telegraphed to Mrs. Winthrop L. Cowdin, who was conducting all of that branch of the Red Cross work in New York, that nurses would

be accepted, and that I was ready to commence the work of providing their shelter and accommodations. I was telegraphed to spare no expense as the Society was anxious to make nurses as well as patients as comfortable as possible.

The chiefs of the different military departments looked at the scheme with questioning eyes, and impressed it upon me that it was only an experiment, and twenty-five nurses would be enough to begin with, as they would have about 200 patients to care for. We eventually had a staff of 165 nurses, with nearly 600 occupied beds in the hospital.

On the 9th of August, I was ready for the first set of nurses, who arrived from New York with Miss Anna C. Maxwell, Superintendent of the Training School of the Presbyterian Hospital, in charge of the party, and sent to be Superintendent of Nurses at the new Sternberg United States Field Hospital, then being organized.

Of course the accommodations were crude and not altogether satisfactory. Any one who has experienced the difficulties of getting Southern mechanics to work rapidly and with a base of supplies twenty miles away, will understand the inevitable shortcomings and disappointments. But the nurses were delighted with the dormitory that met their eyes, with its two long rows of cot beds with the gray blanket folded across in true military fashion. The end of the building was partitioned off for superintendent and assistants, and was provided with camp-chairs, tables, writing materials, etc., ready for use. The mess tent had long rows of tables covered with white oilcloth and was set with agate dishes and iron knives and forks. But the food tasted quite as good, some said much better, than if it had been served on decorated china plates. To Uncle Sam's rations were added many necessities and not a few luxuries by the Red Cross. Poultry, vegetables, ice-cream, mineral waters, crackers, relishes were among a few of the eatables they sent us, to say nothing of fruits and canned goods. Eight other dormitories became necessary, an extra mess tent, larger kitchen, and a good-sized store-

room was built, the walls of which were lined with shelves kept well piled with all sorts of supplies for hospital and nurses' quarters

That storeroom would be emptied faster than I can tell you. Trains going north with sick soldiers would send up an ambulance with requisitions for pajamas, towels, canned milk, jellies, soups, etc. But every day fresh supplies came from Chattanooga, and with the exception of a few times the supply was equal to the demand.

It was a busy season for all. Hospital stewards were overworked as well as nurses; orderlies were scarce and the rush of patients from the surrounding hospitals was unceasing. What a sight that was! Row after row of ambulances with their red cross flags flying as for a procession, but within, their ghastly load of suffering humanity! Sometimes four patients in one ambulance.

It was enough to try the patience of the bravest. There was so much to do, so little to do it with, for as usual the supplies which the Government was to have provided ahead of time never turned up until long afterwards. But every nurse was equal to it. When utensils were not to be had, they took basins; if towels were scarce, kerchiefs and aprons would do in their stead. And it must be remembered the patients came in suffering from starvation, covered in some cases with lice and maggots, mouths crusted and sore from neglect, bed-sores that were sloughing and deep.

To hear the grateful thanks of the men who were conscious enough to appreciate what was done for them, was strength and comfort to the weary nurses.

To the Red Cross Auxiliary was due the fact that the nurses were placed in that field, and if it had not been for their great munificence and the untiring interest and energy of Mrs. Cowdin, the work could not have been accomplished in the incredibly short time and satisfactory manner it was; but to the nurses who worked night and day, in spite of long hours and terrific heat, the discomforts of acclimatization, and the unusual hardships of

their surroundings, was due the success of the hospital, and called forth this letter from the chief surgeon:

Headquarters, Camp Geo. H. Thomas,
Georgia, August 26, 1898.

DEAR MADAM:—I desire to express my sense of obligation to you and the society you represent, for the generous offer made on the 2d of August, to supply Sternberg Hospital with trained nurses and meet all their natural wants, which offer, with the approval of the Surgeon-General of the Army, I accepted on the 3d inst.

A very short time after this you established a nursing service in this field hospital, which I venture to say is not surpassed in any hospital, and is equaled in few, a service which already has brought to our sick soldiers untold comfort, and is aiding materially in their restoration to health and strength. Certainly no nobler undertaking could be inaugurated and carried out by the women of our country, and none deserving of greater appreciation.

(Signed) JOHN VAN R. HOFF,
Lieut-Col., Chief Surgeon, 3d Corps.

TO MISS CROMELIEN,

*Representative of the Red Cross Society, Auxiliary No. 3,
etc., Chickamauga Park, Ga.*

Army nurses in the future will have a hard enough experience, for the conditions during and following the war are necessarily terrible, but it is to be hoped that proper organization will do away with many of the trials and difficulties. Special training will fit them for field work, which is so different from the training school or private nursing.

A field hospital can never be run like a city hospital, and nurses must be first taught to adapt themselves to its peculiar conditions and to accomplish their ends without the means and appurtenances to be found in our large institutions.

OCCUPATIONAL DISEASE WORK AT THE MASSACHUSETTS GENERAL HOSPITAL

By SUSAN M. HOLTON,

*Special Worker in Industrial Diseases, Social Service Department,
Massachusetts General Hospital.*

IT is over a hundred years since that first little cotton-mill, run by two patient horses walking round an axis, was established in Nottingham, England. Now, as if conjured up by the magic of Alladin's lamp, a world of factories surrounds us. Everywhere is the grinding and the roaring of huge machines, everywhere an enormous production of machine-made articles. Surely this is progress; and yet, within the last few years, our complacency has been assailed. We find that, in our eagerness to produce, we have not always thought of conserving human life, that the development of new industries and new processes is harming our working-people. Indeed, it has been said that the "industrial field disables more men than war ever did." It has been estimated that in one year in the United States alone there are 13,000,000 cases of sickness (largely preventable) among our industrial employees. Aside from any humanitarian standpoint, this is a tremendous economic loss to the nation. It makes industrial hygiene one of the most important branches of preventive medicine.

There is, however, a surprising lack of knowledge regarding this waste of living capital. It is due partly to the fact that hospitals and doctors have furnished so little statistical data and that death certificates give no indication of the primary cause of death. Few persons, for instance, realize the extent of suffering due to merely one occupational disease—lead poisoning. This diagnosis seldom appears on the death certificate, as its sequelæ generally explain the immediate cause of death.

An attempt to help the workers of our country by obtaining better statistics of Occupational Diseases has been begun in the Social Service Department of the Massachusetts General Hospital under the direction of Dr. David L. Edsall. Industrial histories are recorded and filed wherever there seems any likelihood that the patient's work may have bearing on the symptoms which have brought him to the hospital. An accumulation of these detailed records should, in time, show the extent of ill-health among our laboring classes, the processes of work which are injurious, and the best methods of preventing so much sickness and inefficiency. Such material should prove the most effective weapon with which to fight this great social evil and maintain the industrial leadership of our country.

In addition to research, the work of Occupational Diseases at the Massachusetts General Hospital is also of an educational nature. Unless the factory operative knows the dangers to which he is exposed and the precautions necessary to minimize the dangers, the sword of Damocles must necessarily hang above his head. The mixer in the rubber factory who does not realize that litharge, one of the ingredients of rubber, is oxide of lead; the printer who moistens his fingers in his mouth to get a better hold of the type; and the painter who leaves his street clothes in the room where he is sandpapering a layer of paint or eats his lunch in the same room among the paint-pots, are constantly exposing themselves to the danger of lead-poisoning. Indeed the carelessness of workmen is often the carelessness of ignorance. Truly, many times, it is willful carelessness, but even then the hospital can educate more effectively than the employer. A sick man will coöperate with a doctor or a nurse when he will not heed the precautions posted in his workroom.

The hospital, however, is not depending only on advice given by word of mouth. Leaflets stating the precautions necessary to special trades are given the patients to take home. They are sent to the employers and some are even reaching out further into the community. One of these leaflets has been reprinted by the Typographical Union and distributed among the printers of

greater Boston, and is now to be published in the *International Typographical Journal*, which reaches thousands of human beings.

The work being done in the Social Service Department of the Massachusetts General Hospital has already demonstrated its usefulness. When a more effective organization is possible and a longer time has elapsed, results of real significance and value to the majority of our population, who give so much to the country and who oftentimes seem to receive only misery and suffering in return, must certainly be obtained. It is hoped, too, that other hospitals will pay more attention to the effect of occupation on health, and that the medical profession will more largely realize its responsibilities in one of the most important problems of our common health.

[The following slip of directions gives an idea of the effort which is being made to enlighten those who are exposed to unseen dangers in the work in which they are engaged.]

MASSACHUSETTS GENERAL HOSPITAL.

PRECAUTIONS FOR PRINTERS.

I. Remember pig-lead used in linotyping is softer than lead of type. Handle it as little as possible.

II. Drop pig-lead carefully into melting pot. Splashings of molten lead dry and become lead dust.

III. Do not shake crucible in order to blend molten lead better. It will blend itself.

IV. Plungers on linotype machines should never be cleaned in the work room. Clean them in boxes in the open air.

V. Avoid lead dust, as much as possible, when trimming and mitering, or when sawing and routing. Wear a respirator when routing.

VI. Graphite used for lubricating is not poisonous, but all dust is irritating to the lungs.

VII. Lead dust in type cases should be removed in the open air, or by means of a vacuum cleaner.

VIII. Benzine and lye are skin irritants. Wear gloves when cleaning type with them, and carefully wash the benzine and lye from the type.

IX. Never put type in the mouth, or moisten the fingers to get better hold of type.

X. Insist upon having good ventilation in the office or factory, and insist that floors should not be swept during working hours.

XI. Suggest to your employer, that walls and ceilings of work room, if not of smooth washable surface, should be lime-washed once a year; that close-fitting floors which can be cleaned by moist methods are desirable; and that type cases should fit closely on the floor, or have legs high enough to brush under.

XII. Eat a good breakfast before beginning work. Food in the stomach helps to prevent lead-poisoning.

XIII. Do not eat food, or use tobacco, while working because of the danger of getting lead into the mouth.

XIV. Wash hands thoroughly with warm water and soap, and rinse the mouth and clean the finger nails before eating.

XV. Have your own towel and cake of soap.

XVI. Eat your lunch outside the workroom.

XVII. Do not wear working clothes too long without change.

XVIII. Hang street clothes apart from the dust of the work room.

XIX. Bathe frequently and brush the teeth each night.

XX. Avoid alcohol. It increases the danger of lead-poisoning.

XXI. Have a good bowel movement each day.

XXII. Exercise in the fresh air as much as possible.

XXIII. Be examined by a doctor occasionally, and do preventive work by keeping in good health

AN AMATEUR SOCIAL WORKER'S IMPRESSIONS OF THE RELIEF WORK IN SALEM

By MARY MAY PICKERING,
Massachusetts General Hospital.

THE work for the relief of sufferers from the Salem fire was and still is a stupendous task. It is obvious that the impressions gained in ten days of work on the field as a volunteer could only be impressions of a very small part of the real work. Yet every day of those ten was filled with interesting and valuable experience.

Some idea of the size of the work can be gained from the facts that the Rehabilitation Committee, which had charge of starting people with furniture, clothing, and temporary food and shelter, was only one of many other committees with just as important functions. Investigation was the beginning of rehabilitation. It was carried on in every case under the direct supervision of a trained social worker. We had one trained worker in the camp, and as a rule four to six volunteers.

In order to facilitate matters and avoid duplication of work, the Rehabilitation Committee divided the relief into two parts—for people still living in Salem and for those living in Forest River Park Camp. "Sufferers" in Salem applied at headquarters and were investigated from there. All people in the camp were investigated by the workers there, their cases were passed on by the F.R.P.C. Case Committee. Their decision was final in all cases without question from headquarters. My time was spent almost wholly in the camp.

The organization of the camp was most interesting. At the beginning more than eighteen hundred people were registered there. The number gradually decreased till when I left there were about three hundred.

Forest River Park is a large tract of land on what is called Pickering's Point, looking across the harbor to Marblehead. The situation was ideal for a camp—high land at the water's edge, within five minutes of the car line.

The camp was laid out in streets like a city of army tents, set up on wooden floors six or eight inches from the ground. There were eighteen streets at first, with from ten to twenty tents on a street, according to the contour of the land. As the campers found tenements and moved out, their tents were removed, so there was no confusion caused by others wanting to use the tent.

As one entered the camp, after showing his pass to the guard at the gate, he would see on the right four tents in a row. The first of these was the postoffice, where stamps were sold and mail received and sent. The next two tents were occupied by young French students, who assisted the militia very materially in preserving order, issuing permits to leave camp, and interpreting. The fourth tent was equipped with telephone, a camp directory, and a Salem directory. A young French girl was employed to answer questions and give information.

Just back of these tents was another row of four—the busy hives of the workers.

Adjoining these was another row in which the clothing that was sent by sympathetic people throughout the east, was stored. Most of this clothing was absolutely useless, so the captain ordered it burned and the tents taken down.

These three groups of tents comprised the offices of administration, so to speak.

A few steps to the left was the large dining tent, looking for all the world like a circus tent. It had five tables running from end to end, with room enough to seat nearly everybody in the camp at once. Adjacent to it was the commissary headquarters, huge camp stoves, a big ice box, supply tents. Further to the left upon a little hill were the Red Cross tents marked by the white banner with the conventional cross. Back of them were the officers' tents.

The middle ground was low so the camp proper was moved to higher ground some distance to the right. Even further up the hill were the tents of the militia—quite removed from the rest of the camp. Toilet facilities were good—trenches dug six or eight feet deep and properly equipped. These were burned out daily with crude oil and straw.

The bath house at the water's edge was opened for shower baths to all campers. Water was piped to the camp. At one side six faucets were placed over a wash bench which was equipped with tubs, washboards and soap, almost constantly in use.

If the tent dwellers were inclined to let their homes grow slovenly they were reminded by the soldiers or the Red Cross nurses that they must clean up. Every precaution was taken to prevent disease. Not even a small pool of water was allowed to stand for fear of mosquitos. Every case of sickness was kept under close observation by the doctors and nurses and promptly attended to.

The work of the Red Cross was principally to keep people well. They saw that very young children were properly fed and kept clean. I was much entertained one day to see nearly all the younger heads in the camp blossom out in larkspur caps. The air was redolent with it in the region of the tents. Going down Street 7 I came upon a little girl of four, lying flat on her face weeping bitterly. She did not respond to sympathy and I understood why, when her sister aged seven, explained, "She wants a cap like mine and the nurse won't give it to her because she says she's all right."

The commissary department furnished surprisingly good fare. For breakfast they would have porridge, eggs, bread and butter, milk and coffee. For dinner, roast meat or fish, rice, bread and butter, milk and coffee, and sometimes a dessert of pressed popcorn. Hungry boys could have their fill without reproof. Each person was provided with tin plate, tin cup, tin bowl and tin spoon. When the bell rang he took his place in line, had his dishes filled, went to the dining tent, sat down where he pleased

and ate. Then he removed what was left on his plate to a garbage can at the end of his table, dipped his utensils into the tub of hot water there, gently swashed them around a little and dried them in the sun, when they were ready for the next time.

The *personnel* of the camp was very largely French Canadian. A very few Irish-American families, one Italian, one Polish, and one Greek made up the rest. As a class the French people in the camp were simple-hearted, cleanly, industrious, and unusually truthful. It was delightful to work among them.

All the relief work done at the camp was only preliminary. The case was investigated, passed on to the head investigator, then the Case Committee and turned into headquarters, where requisitions were filled. Our head investigator was a very fine woman. She is regularly employed by the State, holding a responsible position on one of the State boards. It was an inspiration to see her handle her work easily and systematically in the face of pretty strong discouragement. Coöperation on the part of all her subordinates would have materially lessened her work. We took the camp by streets and looked up every family—nearly always working through an interpreter. French and English-speaking children were very obliging. Four things were investigated in each case:

(1) Was the family burned out? Their word had to be upheld by some responsible person, usually the priest or a French student.

(2) Was there fire insurance? Lists were furnished by nearly every company. The statement of the individual was verified by these lists. Almost without fail both these questions were truthfully answered, the latter to their decided disadvantage, for fire insurance disqualified them for relief.

(3) What were the occupational resources of the family? Everyone was urged to get work, and the majority found it without being urged.

(4) What did the family plan to do? Some preferred to go back to Canada while waiting for the mills to be rebuilt. These were given their fare by the Committee. Some that had

children could not find tenements. Some that had tenements could not get their furniture from the Committee, so they were paying rent for an empty tenement.

All these problems had to be met by the Committees. The relief recommended in most cases was furniture enough to start housekeeping. If a family of two, enough for two was ordered by the Committee. If a family of ten, the order was made for ten. If a young girl had been boarding at time of fire and lost only her clothes she was given a cash allowance. The individual was always consulted and the case made as personal as possible.

Most of the campers were members of St. Joseph's Church which was burned out. It was wonderful to see how implicitly they trusted their priests and followed their instructions. Long-fellow might have written a second "Evangeline" from the material in the camp.

The smallest part of the work only has been done. The most difficult and most important part is still in progress and will be for years to come. Pessimists who believe the world is growing worse would do well to study Salem. They would be inspired in spite of themselves, with the enthusiasm and unselfish service of the citizens. All have the same principle at heart—a better city, materially and socially.

ST. BARNABAS GUILD

THE annual report of the Boston Branch of the St. Barnabas Guild shows a quite prosperous year. Forty-five new members were admitted. The meetings were very well attended and much interest was shown by the members in keeping up the activity and spirit of the Guild. When one remembers that this is the only organization of its kind and that it seeks to meet what is so necessary in the life of the nurse—the religious motive, and the *esprit de corp* of the great army of nurses, one sees reasons for its continuance. During the year, contributions were made to the support of a missionary nurse in Alaska, amounting to \$111.92. The Bees of the Guild

met on the second Tuesday of each month for sewing and a cup of tea and cheer. At these gatherings much was accomplished. The nurses worked for Miss Langdon, who is in charge of the mission of Our Saviour at Tanana, Alaska. They sent 152 articles, valued at \$70.00. It was voted to work next year for Miss Bolster, at St. Mark's Mission, Nanana, Alaska.

SUMMER

Winter is cold-hearted,
Spring is yea and nay,
Autumn is a weathercock
Blown every way:
Summer days for me
When every leaf is on its tree.

When Robin's not a beggar,
And Jennie Wren's a bride,
And larks hang singing, singing, singing,
Over the wheat fields wide,
And anchored lilies ride,
And the pendulum spider
Swings from side to side.

And the blue-black beetles transact business,
And gnats fly in a host,
And furry caterpillars hasten
That no time be lost;
And moths grow fat and thrive,
And ladybirds arrive.

Before green apples blush,
Before green nuts embrown,
Why, one day in the country
Is worth a month in town;
Is worth a day and a year
Of the dusty, musty, lag-last fashion
That days drone elsewhere.

Christina G. Rossetti.

NEWS ITEMS

Miss Annie H. Smith (Class 1895) has resigned her position at the Massachusetts General Hospital to go to the Rochester City Hospital as assistant to Miss Mary L. Keith. Miss Smith will be much missed both in the hospital and as business manager of the *QUARTERLY*, but the best wishes of a host of friends go with her to the new responsibilities.

Miss Josephine Thurlow (Class 1909) has resigned her position at the Saginaw (Michigan) Hospital, on account of her health.

Mrs. Alice C. Cleland has taken the superintendency of the Coley-Dickinson Hospital, Northampton, Mass., for a few months at least. Mrs. Cleland has just completed a post-graduate course in obstetrics at the Sloan Maternity Hospital, New York City.

Miss Helen A. Parks (Class 1910) and Miss H. L. P. Friend (Class 1904) are taking the summer course in the Department of Nursing and Health at Teachers College, New York City. They both write enthusiastically concerning their work.

Miss Nan Clark (Class 1892) has been spending a few days in Boston. She was looking extremely well and seems to find the life of an ordinary citizen both interesting and healthful. She has recently spent a year touring around the world.

Miss Harriet J. Allyn (Class 1893) stopped at the hospital for a short visit on her way back to Connecticut from Gott's Island, Maine, where she has been spending a few weeks with Mrs. C. K. Ovington, a classmate.

Mrs. Theodore C. Porter (Class 1893) came on from California this spring to attend her sister's wedding.

Miss Sally Johnson has been spending her vacation in Winsted, Conn.

Boston's nursing world is fortunate in having several of the graduates of the Department of Nursing and Health, at Teachers College, settle in its midst. Miss Helen Wood (Class 1909) has accepted the superintendency of the Training School of the Children's Hospital where she will assume her duties early in September.

Miss Josephine Mulville is head nurse, Ward E, and Miss Marie C. Ells of Ward D. Both are of Class 1913.

Miss Helen J. Hinckley (1913) had an operation for appendicitis and is home for several months. She is to enter the Army Nursing Corps when she resumes work.

Miss Frances A. Finn has been substituting in the Medical Out-Patient Department during the summer.

Miss Isaline A. Davis (1886) has retired from the superintendency of the Springfield (Vermont) Hospital, having remained a month longer than the original agreement. Her leaving on July 1st was very much regretted, though she had accomplished the purpose of opening the new hospital. Nothing but praise and appreciation was heard for her invaluable services at the critical period of establishing the institution, perfecting its policy, and giving it a prestige with the general public. Her successor in office is Miss Mary E. Chayer (1910), who with her promising qualifications takes up the work with the confidence of her Trustees, who consider her in every way fitted for the position. Her sister, Miss Belle Chayer, a domestic science graduate, accompanies her as dietitian, and it is thought that the pair will pull steadily and successfully together. The outlook is a pleasant one. The community and those immediately connected with the hospital have shown their enthusiastic

interest by generous gifts of time, effort and money, and in the addition of a new ventilating arrangement for the third story. The fire escape which has also been added will bring the building within the provisions of the law.

Miss Alice A. Gorman (1889) has been obliged to resign her position at the Baptist Memorial Hospital, Memphis, Tennessee, on account of ill-health. Miss Gorman was in charge of the training school for about sixteen months. The altitude of the Rockies aggravated a heart lesion which has troubled her for three or more years, sometimes confining her to her bed. She expects to spend the summer on the coast of Maine (at Ocean Park) with her sister, Mrs. H. E. Fisher, of Atlanta, Georgia. She writes that the doings of the M.G.H. graduates is always of keen interest to her, and that she hopes to meet old friends later in the autumn at the Alumnae meetings.

Miss M. A. Pearson (1893) after a delightful trip through the Lakes at Cape Breton, spent the month of May and part of June with her friends in Truro, Nova Scotia. Upon her return she resumed the care of her patient in Milton, Mass.

Plans are under way for enlarging the Symmes Arlington Hospital, whose annual report indicates a most successful year, both financially and from the point of professional status and equipment. Mrs. J. H. Hardy (Miss Ada McNab, 1895) as president of the Women's Aid, keeps in touch with the activities of the hospital, and was energetically involved in a lawn fête given in June, at which was netted \$1,700—unusual proceeds for an undertaking of the kind, which showed that those engaged in the affair made their purpose felt.

The large gathering which assembled at the opening of the new Children's Ward at the Woonsocket Hospital gave evidence of the high regard in which the memory of one of our graduates, Miss Imogen Slade, is held. When she died a few years ago,

she had been in charge of the hospital for over twenty years. The Hospital Aid Association raised the funds for the building and furnishing of the Ward, which was on the occasion the chief center of attraction. It is ideal in its construction and equipment. Miss Lucy C. Ayers, the present superintendent, greeted the guests as they arrived and directed them to the various parts of the hospital. No better expression of respect and loyalty for one who has gone to her well-earned rest could have been made than the Slade Memorial Ward. It brings to mind again one of whom it may be said "Blessed are the pure in heart."

The statistics given below referring to our Massachusetts General Training School help us to estimate the size and influence of our *alma mater*: 975 Nurses graduated; 111 unknown; 86 deceased; 778 known; 251 married; 527 single; 234 Private Nursing; 16 Doctors; 5 Masseurs; 1 Deaconess; 2 Sisters of Mercy; 50 Superintendents of Hospitals; 27 Superintendents of Nurses; 5 Instructors; 7 Anaesthetizers; 56 Assistants of Hospitals and Training Schools; 6 Office Nurses; 13 School Nurses; 16 Public Health Nurses.

Miss Grace L. McIntyre, a Boston City Hospital graduate, also of Teachers College, is superintendent of nurses at the Boston Lying-in Hospital.

Miss Harriet Hunter Barnes has succeeded Miss Stone at the Boston Dispensary.

We are glad to hear that Miss Bessie LaLecheur (Class 1906) is able to resume her public health activities this fall in New York.

Dr. F. P. Gaunt, West Surgical, 1913, has written Miss Parsons from the Methodist Hospital (Philander Smith Memorial), Nanking, China, as follows: "We are in sore need of a

nurse—a head nurse—in our 80-bed hospital. Dr. Stewart Whittemore did not succeed in finding anybody, so I am writing to you. Salary is \$750.00 a year, with quarters furnished and all travelling expenses paid. During the summer months a summer house is provided in the mountains. *I need a Massachusetts General nurse*, who has had operating, to help me. The life here is pleasant; the climate is about like *Georgia* and there are over 100 Americans in Nanking connected with the schools, medical school, hospitals, etc. Have you one (or two) nurses in this year's class among your alumnae who would be willing to invest their lives *and* valued services in a place where we have not *one* nurse to help us do efficient work, and to teach the Chinese girls the principles of scientific nursing?"

Miss Adele Richardson (Class 1914) formerly head nurse of the Children's Ward, has gone into the Training School Office as third assistant.

Miss Florence Clark (1914) is Head Nurse, Throat Dept. O.P.D.

MARRIAGES

Boston, June 17, Sarah May Cribb to Harold Hayford. Mr. and Mrs. Hayford expect to make their home at Hayford Farm, Belfast, Maine.

On June 21, at Brookline, Massachusetts, Alice Ann La Mont to Henry Jacob Pelton. After August 1, Mr. and Mrs. Pelton will reside in Bedford, New Hampshire.

On August 5, at Ithaca, New York, Lottie Susan Potts (1910) to Ora Miner Leland. Mr. and Mrs. Leland will make

their home in Ithaca, Mr. Potts being one of the Professors at Cornell University.

At Riverbank, New Brunswick, on August 5, Lilian Isabel Lovely (1910) to Canute Burden Grainger. Mr. Grainger is Director of Physical Training at the Young Men's Christian Association, Troy, New York.

DEATHS

On June 28, at Quechee, Vermont, Mabel Jean Seaver, Class 1905 (McLean Training School, 1902). Miss Seaver gave up her profession in order to care for her father and mother, the latter having died two years ago. She had been in poor health for some time, but continued to minister to her father to within a few days of her death, which came suddenly. Her example of devotion to her parents, and her sweet and cheery presence will be missed on the Quechee hillside, and in the home where she was so beloved.

At Brookline, Massachusetts, on June 13, Mrs. Harold Edwards, of Winnipeg, Canada. Mrs. Edwards was Lucy F. Baker, Class of 1889. Her many friends will keenly feel her loss, and experience a deep sympathy for those in bereavement.

BOOK NOTICES

THE FLOWER OF ENGLAND'S FACE. Julia C. Dorr. The Macmillan Company.

This is a short sketch of English travel; of two young women who go out of the beaten track a little to discover choice bits of scenery in Wales and England. The time was as far back as the "Queen's Jubilee," 1897; and the places described bring back the writers and artists of a generation before, revealing many an appreciation of the beauty of Nature, of literature, of art, and of historic association. It is a diverting book to carry away with one in crossing the ocean which divides the countries, so closely allied in vital characteristics.

T. TEMBAROM. Frances Hodgson Burnett. Published by the Century Company, and illustrated by Charles S. Chapman.

It is the natural sequence in the development of character and that amid adverse surroundings which impresses the reader of this delightful story. The interest is sustained throughout by the changing of scene and circumstance, brought about by unexpected happenings; by the maturing of apparently impossible situations; and by the withholding of the plot till the very end. The final outcome could not be better, even to the mind of the most socially fastidious person. Our faith in heredity is confirmed by the placing of the hero in such difficult environment. The prowess of healthy human nature, working its way against great odds to the goal of desire and happiness, is thrown into strong relief; while evil brings upon itself its own reward. It is somewhat amusing to note what might be called high class provincialism in the dweller of a large city. Arguing from particular to universal, the conclusion is reached that the absence of culture in a street waif of one section of our metropolitan city is representative of the whole—that "New York is jocular," and given to a misuse of language commonly called slang. Although the latter is prevalent, there are those in America who know how to speak the "Queen's English," who, even for a few years back, have been the possessors of a pedigree.

MATERIA MEDICA FOR NURSES. A. S. Blumgarten, M.D., Instructor in Materia Medica in the German Hospital Training School for Nurses, New York. The Macmillan Company.

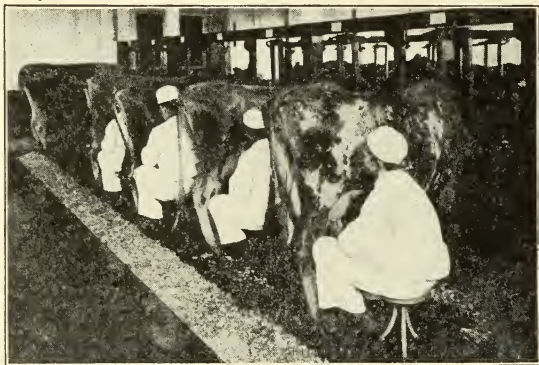
A text book in materia medica really adapted to nurses has been a long felt need. Efforts have been made by many writers to classify drugs in such a way as to simplify the study. These efforts have failed because the mind of the pupil has been burdened with too many isolated details. Dr. Blumgarten's methods of teaching are more in harmony with modern pedagogy. He

sees the advantage to the memory of the association of ideas. His arrangement appeals to the mind as being orderly, and according to a regular progression. First come technical terms; then, systems of measurements and equivalents. These are followed by the application of mathematical rules, to drugs, so helpful to the nurse; because in school or college the student has dealt with commercial terms in ordinary use more largely than with grains and minims. The principle is the same, but its application is at first confusing. Rules for making solutions form the crux of this part of materia medica. These once mastered, the after study of derivation, action of, and indication for the drug becomes pleasant mental exercise. In the simple, easy, yet vivid description both of the drug and its effect, the writer takes away the dry-as-dust element. Intelligent observation is stimulated; the interest is aroused. The weak point in many text books is just here. Any attempt to produce a good book is bound to be unsuccessful which aims only at reducing the subject-matter by a mere process of elimination; which fails to correlate and illustrate the various parts; and which does not make use of knowledge already gained in a nurse's preliminary training, the same being designed to prepare her for a practical study of materia medica. On the therapeutical side the author maintains the correct attitude. If by medical therapeutics is meant "the reason why physicians resort to drugs," the fact is recognized, and only such indications, contra-indications, and effects are given as will enable the nurse to report to the physician accurately and promptly symptoms which come under her observation.

I am glad to think,
I am not bound to make the world go right,
But only to discover and to do,
With cheerful heart, the work that God appoints.

Jean Ingelore.

Hood's Milk is Clean



We are the only milk dealers in New England who pay a premium for milk from clean dairies.

This premium is based on inspections by the Boston Board of Health.

H. P. HOOD & SONS

Leaders in Quality for Over Half a Century



16 8 HOLLINGSWORTH

The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



DECEMBER, 1914

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALE, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, The Children's Hospital, Boston.

Secretary, MISS EDNA H. HARRISON, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnæ Association

VOL. IV

DECEMBER, 1914

No. 4

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital

MISS HELEN WOOD, The Children's Hospital, Boston.

BUSINESS MANAGEMENT

MISS JOSEPHINE A. MULVILLE, *Business Manager*, Massachusetts General Hospital.

MISS EDNA H. HARRISON, *Assistant Business Manager*, Massachusetts General Hospital.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Annie H. Smith, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Write legibly on one side of the sheet only.

ANOTHER change in our QUARTERLY staff causes regret—the resignation of Miss A. H. Smith as business manager. Her letter to Miss Dart was read before the Alumnæ meeting. Miss Smith's good business ability and long experience made her a valuable member of the Staff. Our best wishes are with her in her new position. She writes that her interest in the RECORD and in the Alumnæ will continue to be as great as ever. Miss Josephine A. Mulville has kindly consented to act in this capacity. Being resident, as she is, in the hospital will make it more convenient to attend to the duties; and we are grateful to Miss Harrison for having filled in the gap caused by Miss Smith's retirement.

The Annual Meeting of the Alumnæ was held on October 27. A letter was read from Miss Ellen T. Riley (1911), given be-

low. It contains quite a vivid picture of our army nursing in England, and will be read with interest by us all. The Pound Party, in the interest of the Sick Relief Association, will be conducted in much the same manner as last year. A good suggestion was made, that instead of merely filling the bags according to our ability, each person contribute an actual penny a pound. If we do this next year, it may be necessary to make the bags larger for those who possess a greater amount of avoirdupois. The report of the Sick Relief Association showed \$2300 in the treasury. While this is hopeful, it is still desirable to bring the benefits of membership before those who have not yet taken advantage of it. The Alumnæ voted to give \$25.00 to the American Red Cross Society. It was decided to hold our meetings in the old quarters at the Thayer. Miss Annie Robertson and Miss Agnes Trull were appointed a refreshment committee. The usual election of officers took place at this meeting.

The Middlesex County Branch of the State Nurses Association met at the Newton Hospital, November 17, at 3.30 P.M., Miss Wilson in the chair. A thorough interest stirred those present on listening to the addresses of Miss M. E. P. Davis and Miss Riddle. Again we were urged to take an active and intelligent part in the amendment of our Bill; to ask ourselves what in the way of amendment we wish to secure. The answer is—Higher standards; the establishment of a code of ethics; and a uniform curriculum. When we can get the bill passed asking for a training school inspector, sent out by the State Board, we can formulate some plan of procedure in the great work before us. We need data for the registration of hospitals, as we need information regarding our ethical and teaching standards. It is an absolute duty to inform ourselves, and that before we seek

In our last issue there was an error which was probably recognized by many of our confraternity. Miss Maud Cromelien changed her name to Mrs. J. G. C. Lee some time ago, and her article on the Red Cross work at Chickamauga Park appeared under her later name in one of our nursing periodicals.—THE EDITOR.

the influence of busy legislators. We must be convinced in our own minds, and then demand, not sue for, our rights. Publicity methods were talked over in relation to our campaign of the State. Small hospitals, the right and the wrong kind, and the registering of attendants were discussed. During refreshments we had an opportunity to speak individually to one another, and came away feeling deeply spurred to action.

The Middlesex County Committee on the Red Cross Nursing Service met at the Central Directory, 636 Beacon Street, Boston, on November 7, at 2.30 P.M., to consider applications for enrolment and any business awaiting decision. It was followed by the Councillors' Meeting, at which Dr. Hughes told about the Red Cross Exhibit, given below more fully by Miss Boswall.

Ether Day at the Massachusetts General Hospital seemed to open for us the year's activity by celebrating, October 16, the birthday of anæsthesia. We are proud of our heritage, of our "many achievements on the side of science," of which Ether Day is a standing monument. The exercises were held in the lower amphitheater of the Out-Patient Department.

Founder's Day at the Peter Bent Brigham Hospital. This was an unusual gathering, at which it was a real privilege to be present. We feel ourselves to be almost an integral part of this perfect example of hospital construction, because Dr. Howard was at one time our honored superintendent. Some of the good things which greeted the eye were a reproduction of what he had established at the Massachusetts General Hospital. The program for Founder's Day was most impressive. Mr. Alexander Cochrane introduced the speakers with very appropriate remarks. Addresses were given by Mr. Edmund D. Codman, Treasurer, who touched the true note when he laid before the audience the humanitarian aims of the hospital; Dr. William H. Welch, who spoke of the nearness of the hospital to the Har-

vard Medical School, which made it like John Hopkins, a "teaching hospital"; by Dr. J. Collins Warren, whose ancestors bearing the same name and title date back for several generations, and whose immediate relative was so intimately associated with the first administration of ether in our old amphitheater; by Dr. Frank Billings, of Chicago; and by Dr. Harvey Cushing, representing the staff of the Hospital. Some words full of significance were spoken by Mr. John P. Reynolds, chairman of the Building Committee. One thought was dwelt upon by all, that the hospital, with its laboratories and other facilities for research, would make teaching its first object.

Doctor Washburn will deliver a lecture on The History of the Hospital, December 2, at 8 P.M., in the Out-Patient Department Amphitheater.

The graduating exercises this year will be on January 15, at 8.30 P.M.

THE RED CROSS EXHIBIT

THE Red Cross Society had a very attractive exhibit at the Pure Food Fair held in Boston October 5 to 31.

Through the efforts of Miss Boardman, Miss Loring, Miss Elsie Burr of Milton and Dr. L. A. C. Hughes, the section was adorned by signal flags from the Charlestown Navy Yard. There were also two models of men-of-war from the U. S. Government. These were well mounted and protected by glass cases. The models carried a heavy insurance. The Marconi station was near by.

There was a small tented hospital encampment. The sick soldiers and the doctor came from the ambulance corps; Jordan, Marsh dressed the Red Cross nurse; Galvin loaned the plants; and various branches of the Red Cross furnished different items of interest. The scenery was loaned by the Boston Opera House. Richardson & Wright and F. H. Thomas Co. contributed to the furnishing of the model sick room of the Massachu-

setts State Nurses Association. The Boston Nurses' Club sent bed linen, towels and a chair. Other articles came from Mrs. Homer, Miss Riddle, Miss Rimmer, Miss Boswall, Miss Perry, Dr. L. A. C. Hughes and Miss Beatty.

The nurse in charge of the sick room was frequently called on for first aid to small injuries. These calls made a surprisingly long list. The F. H. Thomas Co. also furnished the medical and surgical supplies used in our first aid work.

Miss Alice Cardall, R. N., Boston City Hospital, had charge of the Red Cross exhibit. She was on duty every day. The Massachusetts General Hospital nurses, who served in the Red Cross exhibit were as follows: Miss Parsons, Miss Peden, Mrs. MacQuarrie, Miss Shields, Miss Burris, Miss Metherell, Miss Harrington, Miss Robertson, Miss Annie Fletcher, Miss Fraser, Miss Ladd, Miss Griffin, Miss Story, and Miss Kate E. Gile. Besides the Massachusetts General Hospital, there were many graduates from other schools.

Considerable over a thousand was taken in from the sale of little Red Cross flags. Miss Elizabeth Walls, Boston City Hospital, has the honor of making the largest sale. She gathered in over two hundred dollars.

Mention must be made of Miss Mary Daly, Carney Hospital; of Miss Beatty, New England Hospital; of Miss Cain, Deer Island Hospital; of three nurses from the Malden Hospital; and of Mrs. MacQuarrie, Massachusetts General Hospital, for their excellent work.

The Boston Nurses' Club is headquarters for the local Red Cross. Miss Reed, the Club Registrar, is Red Cross Secretary pro tem. She prepared the roster for the staff for the twenty-four days of the fair.

"Live for today! tomorrow's light
Tomorrow's care shall bring to sight.
Go sleep like closing flowers at night,
And Heaven thy morn will bless."

Keble.

AMERICAN WOMEN'S WAR RELIEF HOSPITAL,
OLDWAY, PAIGNTON, DEVON, ENGLAND.

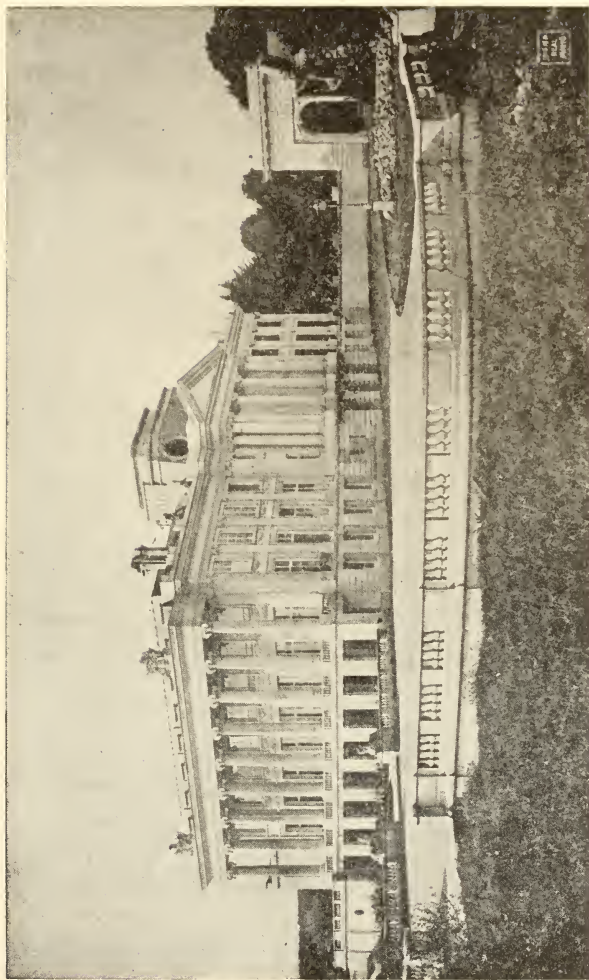
MY DEAR MISS PARSONS:

After much delay we are finally settled in our new home, and I can now give you a brief account of our work.

The American Women's War Hospital is the estate of Mr. Singer, of our well-known Singer Sewing Machine Co., and he has leased it for a year to American women, living in England, who have turned it into a hospital for wounded soldiers. The estate is a beautiful one, situated in one of the most picturesque parts of England—South Devon. An English surgeon, Mr. Lane, is in charge of the surgical department, and the matron is an English woman, Miss Fletcher.

We American nurses, thirteen in number, with our surgeons have been given charge of a ward of sixty-seven beds which was formerly the gymnasium. No expense has been spared in fitting up the place as a hospital, and it is a credit to the American women who are financing it. When they were planning to use the estate for its present purpose, these women asked the Ambassador for American nurses and surgeons, and if we had started a month earlier we would have had entire charge. Doesn't it seem a pity?

The committee in charge have treated us right royally. We stayed at a hotel here until the house which is now our home could be made more habitable. This house, Monplaisir, was formerly a private school for girls, and when war was declared all the pupils left for their various homes. Some come from Germany, some France, Russia and even the States. All the furniture has been stored, and two American women came down from London and chose the furniture, hangings, etc., for us, and remained until everything was in place. The doctors live in one side of the house and the nurses in the other. We have a pleasant dining-room and a charming living room. Our bedrooms are all fitted up for comfort. Open fires in every room and de-



AMERICAN WOMAN'S WAR RELIEF HOSPITAL, OLDWAY, PAIGNTON, DEVON, 1914. ENGLAND

lightful English chintzes. We find our work very interesting. The soldiers come back from the front and are landed on the southern coast. From there enough come to fill our vacant beds. We have two hundred and fifty beds in all. They are very brave, these wounded soldiers, and love this hospital. One poor chap remarked, "Sister, it's like heaven to be here." We address each other as Sister, using our Christian names. It was Miss Delano's idea, in order to avoid any objections which an Englishman might have in hearing a German surname, or vice versa. It was difficult at first, but now we have almost forgotten each other's surnames.

Several of the Committee have visited us. Sunday we were photographed with Lady Randolph Churchill and the Duchess of Marlborough. Lady Paget is to visit us this week, and we also expect to see Mrs. Harcourt soon. The queen sent a letter to Mrs. Harcourt thanking us American nurses for coming. We all have a copy of it. I cannot remember how many times we have been photographed since we left Boston, but it has been a great, great many. We are all acquiring the real photo smile and posture. If you care for them I shall send you some pictures of the hospital and our ward.

A gentleman from London visiting our ward was so pleased with us that he sent us a Victor with dozens of wonderful records. It does cheer the patients. Also we have beautiful flowers, books, flags, magazines, etc. And cigarettes are given to the patients, and as many as they desire. I wish I could tell you more about them, but I might be breaking the rules to do so.

Miss Perkins and I have taken some wonderful motor trips on our afternoons off. Dartmoor is within riding distance and the view over the moors is so wonderful that it would take pages to tell of it. Torquay, a famous seaside resort, is within walking distance.

I delight in letters from U.S.A., and if you use above address please put Munsey Ward on the outside. The London address will also find us.

Sincerely yours,

October 25, 1914.

ELLEN RILEY, R.N.

THE MASSACHUSETTS STATE NURSES' ASSOCIATION

THE annual meeting of the State Nurses' Association took place at Lowell, in Colonial Hall, at 3.30 P.M. It was preceded by the League of Nursing Education, which held its session at 1.30 o'clock. The League has been actively at work since its last coming together, but more might be accomplished if those throughout the State who are doing a work which makes them eligible for membership were actual members. More frequent meetings were strongly urged. These could be held between the annual and semi-annual meetings of the State Association. We should get together more than we do, organize well, and each member do all in her power to aid the membership committee. In her address, Miss Parsons said our State League should be the power in Massachusetts that the National League is in the United States. A great deal of that which has been accomplished is due to the National League. Superintendents, assistant superintendents, supervisors, all instructors of nurses, either practically or theoretically, are eligible for membership. She spoke of several points which had come up for discussion at the convention at St. Louis, such as publicity methods, uniform curricula, the fifty-six hour week, and entrance requirements. It is hoped that in 1915 educational requirements will be extended to include at least two years of the high school course. Miss Bowen, of the Lowell General Hospital, said we cannot afford to be behind the times. We must do more individual work in preparing candidates for the training school. Uniform curricula and other requirements for entrance should dovetail into each other. She expressed a wish that there might be some way of preparing those who possessed a decided bent for nursing, though realizing that we must have a definite standard and stick to it.

Miss Riddle, referring to candidates for the training schools, recommended attaching to the prospectus sent out a clause de-

scribing what is going to be expected of the applicant in the future. She also drew attention to the broad meaning of the word "equivalent" to a year in the high school. It is well that it is so, because of the misfortune of losing the desirable candidate. In the discussion which followed a plan which had been tried was mentioned—that of having a school teacher come in to give instruction in the three R's, especially in arithmetic, the results of which showed great improvement in the after-work of the pupil. Miss Nichols averred that culture in the nurse is demanded; and Miss Parsons, in response to a question, said that a good education is absolutely necessary since the course of study in a training school for nurses is technical; that trained attendants are an alternative in this connection; and that if regular candidates know they must, they can come prepared with two years of the high school course as a minimum. We can aid in the cause by talking before clubs and educational schools. The age limit for candidates was brought up by Miss Catton, of the Springfield Hospital, and a general opinion was given on the subject.

At 3.30 P.M., Miss Riddle called the members of the Association to order. After the invocation, Miss S. A. Bowen gave the address of welcome. This was followed by the President's address, in which Miss Riddle spoke of the need of preparedness for our educational campaign. If, as we voted later, the Nurses' Bill is taken off the table, there will be an extra reason for united effort. The work should not all be left for the legislative committee. Greater publicity methods are the result of education. We are requesting the help of the State. It is granted us a little at a time, but sufficiently to mark progress. We must be true to our deliberations in council, and each feel responsible for the work we vote to do at our meetings.

Among the announcements and other business which followed, explanation was made of the National Nurses' Relief Fund of the American Nurses' Association, and of the efforts to increase the fund by the sale of the calendar. These are most artistic, and will sell well. Several individuals and training schools offered to assist in the sale. Miss Riddle then introduced Dr. W.

P. Bowers as the champion of our cause. His able and helpful address is given below. As Secretary of the State Board of Nurse Registration, his words have weight and should surely arouse in us an adequate response towards coöperation in the cause which is our own. His address was followed by that of Miss Linda Richards—our pioneer nurse and patron saint. Her words stimulated those noble qualities of character which every nurse should possess as a foundation for her nursing. She was announced as the first graduate nurse in the United States. It is not so many years since she established the first training school. The principles of our profession do not change as do the methods and management of our hospitals, but are always the same. Miss Richards is the great representative of these principles. Miss Emma M. Nichols next spoke of the Red Cross Nursing Service. A collection was taken, and the Association promised to add as much again to the amount contributed. Forty-five dollars was given, and it is probable that a hundred dollars will be sent to the Red Cross headquarters. After the adjournment, refreshments were partaken of. The place and the preparation for our entertainment were commended by those present.

ADDRESS TO THE STATE NURSES' ASSOCIATION

WALTER P. BOWERS, M.D., *Secretary*

The Massachusetts State Board of Registration of Nurses

I AM especially glad of an opportunity to address the Massachusetts State Nurses' Association, first, because of our common interest in all that pertains to the care of the sick, and second, that I can here in this public way tell you that I have been inspired and helped by your profession in my work as a physician, and that my association with nurses has led me to admire women more and more; and now in these recent years the field has been broadening in which you and I can work for the elevation of the standards of a profession which is of such in-

calculable benefit to the human race. You are a part of the complicated machinery by which illness is prevented, suffering alleviated and the dangers of disease minimized.

At a recent meeting of the Massachusetts Medical Society it was my privilege to emphasize the idea that the promotion of health, both public and individual, is one of the greatest problems of the present day, and an eminent clergyman took issue with that statement, claiming that the development of character exceeded in importance the value of improved health conditions. None of us would for a moment detract from the great work of the religious teacher, but we can see perhaps more clearly than the clergy that the sound body is a foundation for the sane mind, and one of the greatest helps in the development of character would be the elimination of disease with the degeneracy imposed on the race by faulty physical conditions. We can work with and for the clergy in presenting human material better fitted for the higher development of the spiritual nature. I have always contended that the sentimental, hysterical and unstable mental conditions of the sick cannot be of any great value in leading to constructive moral development, and I firmly believe that sickness is an unmitigated curse, and the term *resignation* as applied to our misfortunes is a confession of weakness.

A sympathetic preacher once asked a bereaved husband if he was resigned, and the man answered in his broken German, "Mine Gott, I had to be." I say, let us not be resigned to the distress and disaster of disease, but let each failure to cure stir us to greater effort.

Your association is formed for the double purpose of bringing you together socially and to develop greater efficiency. The social element is universally recognized as an essential feature of human effort. We have to know each other in order to work together to the best advantage, and as we come to know each other the irritations engendered by mischief-makers fade away, and whereas, working apart we may be suspicious of one another, when we come to discuss questions of policy we often find that

the opinion and experience of some other mind modifies our views and attitudes.

.
I want to call your attention to our defective law which was enacted in 1910. Some of you do not like that law, some of you have felt doubtful about registering under it, and I sympathize with that feeling. But it is a foundation on which we hope to build a better one, and if it can be made better I think you will all endorse it.

While many of you contend that a nurse's duty consists in first making herself well equipped for her work and then doing faithfully all that comes to her, it would be well for us all to develop the feeling of responsibility about all matters of public policy which your work fits you to intelligently consider.

Women are entering into the larger affairs of life and where they show ability are crowding the men hard. They are demanding recognition for themselves and their views. They are serving on boards and commissions, and we men are getting ready to conclude that we cannot get along without you in many phases of public life. We are glad to acknowledge your persuasiveness and your persistence. The progress you have made in the cause of equal suffrage, the wonderful uplift in civic affairs brought about by women's clubs, bear eloquent testimony to the results of your efforts, so that there is every reason why every nurse should study the questions relating to her legal status and be a part of the movement to improve the standing of her profession. The responsibility for action rests on those who know the need of better conditions. The people must be taught.

You may agree with me that the mentality of the average legislator is such that he may not comprehend your plan or even understand your motives, but when this large and influential body of earnest women gets thoroughly aroused to the discreditable situation and will start a campaign with the understanding that it may be for years, but that they are united and determined to win because they know they are right, sooner or later I predict success. Even though the triumph may be delayed beyond my

active working days it will be a source of pride that I was privileged to be with you in the beginning.

Let us for a moment consider some details of this registration law: There is one unnecessary provision in the law where it says that the fifth member of the Board shall be a physician who is a superintendent of a hospital having a training school for nurses. Some bills are said to have jokers in them, and when I read this I couldn't help being reminded of the old saying, "as useless as a fifth wheel to a coach." Don't misunderstand me, for I do not in any way use this association of the word "fifth member" with the fifth wheel of the coach as any way applying to the worthy and eminent man who is appointed under this specification. He is a most useful and devoted member of the Board, but my contention is that the provision that he must be a physician is wholly unnecessary, and I am suspicious that this clause was inserted because some doctors were afraid to have you nurses given too much authority or too much freedom. There may have been an unfounded doubt regarding your ability to regulate these matters. Doctors have always wanted to keep you under their thumbs in a way, you know.

I have no objection to a doctor being appointed if he is competent to deal with all the problems of nursing, but all superintendents of hospitals who may happen to be doctors do not keep actively in touch with nursing problems. Nursing is becoming more and more a profession of great dignity and to a very large extent the interest of the nursing profession can be safely left to the well-educated and competent women who direct the policies of this calling. The association of this Board with the Board of Registration in Medicine is a useful and workable plan in the early stages of the scheme, but some day it may properly become a department under the State Board of Health. This, also, in my opinion, applies to the Board of Registration in Medicine.

Section two should be changed so that no person should be allowed to do this work in Massachusetts without some sort of registration. My feeling is that there should be two classes of nurses registered, those who can meet the full requirements of

the Board, and another registration for honest people of limited attainments who could only fill certain positions. I am opposed to the practise of allowing the so-called practical nurse to work without any kind of registration and without any legal obligation or supervision.

The present plan leaves her perfectly free to do any work, assume any responsibility, make any claim for herself that she may wish to so long as she does not claim to be a registered nurse or use the title R. N. This is all wrong, for this law is designed to protect the public under the police power of the State and it leaves it optional whether good nurses shall register or not, and leaves poor ones entirely outside of any scheme of supervision or regulation. The State of Massachusetts won't even allow a plumber to work in your house until he has been registered after an examination, but it will allow unregistered nurses to care for cases of pneumonia or typhoid fever, diseases in which there is the possibility of sudden and dangerous developments calling for judgment and technical skill in applying physicians' orders. I'd feel sorry for anyone who had to rely on an untrained nurse about the sixth day of a pneumonia case, and just at that moment I'd prefer to take my chances with an unregistered plumber in dealing with a defective sewer pipe.

The final solution of the problem should result in the regulation of two classes of nurses; one class of fully qualified nurses with authority to enter upon the responsibilities of any case; and the other of nursing attendants, or with some other easily understood designation, who can only care for chronic or comparatively simple disorders.

There is at the present time an analogous scheme being thought out in medicine which would provide that only those registered physicians who had subjected themselves to further technical examinations should be allowed to do major surgical operations, thereby making two classes of registered doctors. Those of you who have watched the abortive attempts of untrained men to do surgical work can readily see the wisdom of this.

With all these plans we must fully realize that the purpose of these laws is not to benefit us but only to make us of greater service to the people, and it is only on that ground that we can confidently go before the legislators and hope that they will make laws in response to our recommendations.

Now I come to the most vital part of our defective law, which is the bone of contention both among our friends and our enemies. Some of our friends do not agree with us in our effort to try to amend this section and our enemies use this as a weapon with which to defeat us. Reference is made to the fact that the Board of Registration of Nurses under our present law has to examine every applicant who is assumed to be of good moral character, is twenty-one years of age and who pays a fee of five dollars. Pending the development of a comprehensive law which provides for two classes, we want that law changed so that we shall only examine graduates of training schools, and furthermore that these training schools shall meet the requirements of your State Board of Registration. For the purpose of determining the standing of these training schools, the defeated bill of last winter specified that the Board shall have authority to investigate at any time the training schools for nurses in this Commonwealth for the purpose of determining their fitness and efficiency as shown by their general equipment, by the character, the methods and the extent of the instruction given therein. Such investigations shall be made by a person legally entitled to R. N., and who is a graduate of a training school for nurses connected with a hospital of at least fifty beds and which gives a course of instruction in the art of nursing covering a period of not less than two years.

We wanted that because it is the only way whereby we can prevent the graduates of poor schools from standing on an equality with those from good schools, and also is the only way of doing away with registering of non-graduates.

Our opponents didn't want it because some felt it was aimed at certain schools, some because they didn't want to eliminate the non-graduate, some because they didn't want the inspection to be done only by a graduate of a school having fifty beds, some

because they didn't want the low grade school put out of business, and some because they didn't want the principle of state inspection of educational institutions to become an accepted policy. All the objections were based on selfish motives. All the arguments in favor were based on better service to the public. Self-interest prevailed and Massachusetts is still left to the ignominious position of being one of the backward states in dealing with the care of her sick and injured, and in meeting the problem of the medical needs of her population.

We could tell you of the effort we made, how we sent literature to every member of the legislature, and then found that practically no legislator took the trouble to inform himself of the merits of the case, how one of our own Board was led to come out in opposition to the rest. How we attended hearings and had eminent talent from other states to help us, and how it became evident that our representatives in the general court were incapable of seeing the real value of the measure, and refused to give it serious consideration. It may be we shall have to wait for a new generation to grow up, and if so, please begin a campaign of education with your nephews who are to be the coming law makers and try to instill a little courage and commonsense and a feeling of responsibility for their fellow-creatures into their minds.

Remember that no great reforms ever come except through long and patient effort. That the men and women who think clearly, follow paths of duty, suffer through criticism and even persecution, be steadfastly fighting for high ideals, have won out.

Remember the women of your guild who have met every rebuff, have suffered physical pain and weariness, have denied themselves the comforts of life that they might lay the foundation of better service for their fellow-creatures, and who now stand enrolled as the great benefactors of mankind.

As you recall these noble women there will come into your hearts, I am sure, a desire to be something more than a mere bread-winner, and to take your place as an influential factor in the elevation of a service which is now recognized as an essential feature of the scheme of better living.

NEWS ITEMS

Miss Rosalind Cotter (Class 1911) has volunteered her services to the Ambulance Lycée Pasteur, Neuilly-sur-Seine, France. She goes entirely at her own expense, with the understanding that hard work and tragic experiences are ahead of her. She sailed from New York, Saturday, November 14. She has several relatives at the front, two of whom are already victims of the war. All who know Miss Cotter will appreciate the spirit of cheer and comfort that she will infuse into her work, and the Alumnæ as a body will wish her God-speed and a safe return home. Miss Cotter's address is The American Hospital, 149 Boulevard Haussmann, Paris.

News comes from Canada that Miss Strong (Class 1911) was requisitioned by the government to go to England with the Canadian contingent that is now being entertained at the London Hospital. When this appears in print she may be in Egypt, as there is talk that the Canadians may be sent there.

A class of sixteen graduated from the General Public Hospital of St. John, N. B., November 5. Miss Maude Retallick is Lady Superintendent of the Training School. Miss Parsons made the graduating address and was entertained at Dr. Thomas Walker's delightful home while in St. John.

Seven of the M. G. H. graduates reside in the city, six of whom were the guests with Miss Parsons of the Alumnæ, Friday afternoon, at a delightful tea given at the "Brown Betty." Saturday the six graduates, Miss Retallick, Mrs. Edith MacPeake Morris, Mrs. L. R. Hewitt Smith, Miss Jennie F. Binpee, Mrs. Claire O'Connor Conlon, and Miss Helen Ramsey Jack, entertained Miss Parsons at luncheon at the Green Tea Kettle. It

was a delightful occasion and will long be remembered by the grateful recipient of so much charming Canadian hospitality.

The war is casting great gloom over the country, and Red Cross work is going on actively all over Canada. Scarcely a family but has some loved one at the front. The hospital friends of Mrs. Conlon, who have not heard from her recently, will be glad to know of her restored health, and were probably surprised at her recent marriage. Mr. Conlon is a well-known lawyer of St. John, and is to be congratulated. Best wishes for the happiness and prosperity of the young couple are extended by Mrs. Conlon's many friends.

The Hallowe'en Party given by the Seniors to the rest of the school was a notable success. The program was as follows:

1. Hallowe'en Fatalities.
2. To the "Movies."
The Evolution of a Nurse.
3. Taste the Witches' Brew.
4. Dances.

The guests were met at the door of the Reception Room by a committee who pinned an advertisement on the back of each. The subject of the advertisement was selected with individual care and was to be guessed by the wearer from answers yes or no to her questions.

The "fatalities" consisted of a bean race by the Southerners; and other appropriate and mirth-provoking stunts.

The "Movies" was the *pièce de resistance* of the evening. Beginning with the instruction of the probationer, continuing through typical ward scenes, including a dressing, a West visit, an inspection, a clinic, a transfer, we had an opportunity to see ourselves as others see us. A scene on the district, and finally an attractive representation of our Red Cross Seal closed in an esthetic manner an entertainment of hilarious enjoyment.

The impersonations were all so well taken that the class may be congratulated on its histrionic ability.

The probationers attended as "pumpkin heads," needless to say, self-chosen characters. To the tune of "Solomon Levi" they sang the following pathetic ballad:

"You think we're poor probationers
But we are not at all,
We're really country pumpkins
And we've come to make a call.
We rolled from out our gardens,
Bringing with us lots of green,
And we've come with joy and laughter
To your party Hallowe'en.

"But we're not always
So gay as we appear;
We're verdant probationers,
And free of wholesome fear.
We all respect our elders
And obey them with delight,
And strive to be professional
From morning until night."

Miss Helen J. Hinckley writes from Bryn Mawr, the College Infirmary, giving some glimpses into the life. The country is delightful. In the Infirmary it is sometimes busy and again quite the reverse. The students are often "hockey victims," with bruised eyes and dislocated elbows. They do not seem to mind it much—it is such a glorious cause in which they are hurt. They are still busy with physical examinations, each student has one at the beginning of the year, and it takes some time to get over five hundred. There are office hours three times a day, and the students are expected to come only at these times. If the student is ill in bed, the warden of her hall notifies the Infirmary. If necessary, the doctor is sent for, otherwise she is treated by the nurses. The life is very homelike. Doctors

Sprague and Branson are kind and very considerate of the nurses. Miss Davis is a very pleasant person to work with. She is just up from an illness which they feared might be typhoid. Miss Hinckley speaks of chaperoning a party of students on a straw ride, and of Miss Ells dining with one of them. In these ways opportunities for entering into the life of the college are given. The M.G.H. nurses at one time were quite in evidence, two of them taking care of a patient at the Deanery.

Miss Augusta C. Robertson is now at 68 Dane Street, Beverly, Mass. Because of the big fire she was unable to find a room in Salem. The tumor is growing again, causing her a great deal of discomfort and pain.

Miss Margaret McFarlane (Class 1896), who has been doing private nursing in Boston for several years, is at present with her mother at her home in Montreal. She will be greatly missed by all her friends in Boston.

The Evanston Hospital Association gave a reception for the opening of its new contagious hospital October 24 and 25. The building, the gift of Mr. James A. Patten, is the most modern and perfect type; and to aid its proper maintenance an endowment fund has been raised by the citizens of the North Shore. Miss Ruggles (1902) has reason to be proud of this fine addition to the hospital group.

Miss Dolliver is at home with her mother at Yarmouthport, Mass.

Dr. James Gregory Mumford, so long associated with our Massachusetts General Hospital, died suddenly at Clifton Springs, near his birthplace, Rochester, N. Y. He had improved since giving up his large Boston practice, but death came three hours after the attack of the 18th, and his life ended while he was comparatively a young man. His connections with our hospital were manifold. In 1895 he became assistant in surgery,

and was visiting surgeon from 1905-12. Previous to that, he had the appointment as surgeon to the Out-Patient Department. After 1912, he found it necessary to give up his hospital work. His perseverance amounted to heroism in the performance of his duties. He was associated with so many professional clubs; was such a contributor to medical literature and scientific knowledge; he was so noted as a surgeon, and in such close touch with educational centers, that his place cannot easily be filled, even though he was obliged to withdraw gradually from his sphere of influence.

Mrs. Mary B. Hall (Class 1883), who has now been out of army nursing for two years, has been nursing in her own home town, Lebanon, Vermont.

Miss Maude A. Pearson (1893) is obliged to take a long rest because of ill health, and has gone to California to live on a ranch. She will be at the home of Miss Anna Penfield, one of her classmates. Miss Pearson's address will be Box 14, East Auburn, Cal., in care of Miss Penfield.

Miss Helen M. Finley has left Boston, and is at present living with her brother in Troy, N. Y.

Miss Fanny Howe resigned from the operating room on account of health. She left many friends who will wish her speedy restoration and great success in whatever work she undertakes in the future.

Miss Nancy M. Fraser (1914) is assistant night superintendent.

Miss Julia Mae Cockrane (1914) has gone to the Holyoke Hospital as Miss Dougherty's assistant.

Miss Mary Frances Emery (1911) has taken charge of Ward C.

Miss Elizabeth Fanning (1888) is Associate Principal and Nurse in the Standish Manor School.

Miss Virginia C. Hall (1893), Miss Mary V. O'Reilly (1897) and Miss Mary E. Chayer (1910) have all been in the hospital as patients recently, and all made good recoveries.

Miss Margaret A. Matheson (1912) is back again in charge of the Accident Ward.

Miss Helen Joy Hinckley (1913) had an operation for a chronic appendix and, being debarred for some months from the army service on account of the operation, she has gone to the Bryn Mawr College Infirmary. She and Miss Ells (1914) are assisting Miss Davis, who is head nurse of the Infirmary.

Miss Edith Hamblin (1914) is in charge of Ward D.

Miss Zilla MacLaughlin, recent graduate of the administration course, has taken the superintendency of the Faulkner Hospital, while Miss Edith Cox takes a six months' leave of absence.

Miss Elinor D. Gregg, who was taking the administration course at the same time, has gone to Cleveland City Hospital as assistant superintendent of nurses.

Miss R. Helen Cleland resigned October 1 from the Butler Hospital, where she has done such splendid work, and entered the M.G.H. with Miss Rachal McEwan November 1st for the Administration Course.

Miss Alice Whitehead, Miss Maddocks, Miss Monahan, Miss Ferguson, Miss Hinchliffe, Miss Cerochey, Miss Denar have registered at the Central Directory for private work. 7 an

Miss Anna Henshawe Gardiner (1914) has taken Miss McEwan's position as Instructor at St. Luke's Hospital, New Bedford, Mass. Miss Gardiner had a pleasant trip to Texas just after graduating.

Miss Mary C. Curran (1914) has returned from Ireland and and is taking the Public Health course at the Instructive District Nursing Association.

Miss Alice K. Caffrey (1914) has recently gone to the Beverly Hospital as operating room nurse.

Miss Frances C. Ladd (1911) has resigned from the Rochester Homœopathic Hospital to take chage of our surgical building, where she began her duties October 1st.

Miss Gertrude Sharp and Miss Sara Condon are at the Polyclinic Hospital, New York City, in charge of the operating suite.

Miss Frances Wales (1914) succeeds Miss Condon in the Female Surgical Out-Patient Department, and as instructor in bandaging.

Miss Loughery succeeds Miss Sharp as head nurse on Ward F.

Miss Helen Claire, who for several years has been head nurse of the orthopedic and hydriatric Out-Patient Department, resigned November 1st, and the following week her many friends received the announcement of her marriage to Mr. William Keron Claire. It was a quiet wedding, with only the most intimate friends, a luncheon at the Bellevue, after which the bridal couple started south for a honeymoon trip. They are to spend the winter in Jamaica Plain. The hospital has lost a valued and loyal officer in Mrs. Claire and regrets her departure, but she has the cordial best wishes of all whom she has left behind.

Miss Ethel Pollard resigned her position in the Training School Office to take a trip to British Columbia, where she expects to spend the winter with Miss Katherine Clark.

Miss Alice Watson has taken the vacancy created in the office, and Miss Ruth Blair (1914), who has been assisting Miss McCrae, is to take charge of Ward I.

Miss Rathbone (1897), who for the past five years has been Lady Superintendent of a Tuberculosis Sanitarium in Manitoba,

finding her health impaired, took several months' rest in Europe. Returning to this country, she entered the hospital for a short post-graduate course, and has been persuaded to stay on as head nurse of Ward B.

Miss Katherine Sullivan resigned from Ward B in the fall. She had tonsillectomy, and after a restful convalescence has gone to the Core Hill Hospital as head nurse.

Miss Blanche Thayer has gone to Richmond, Va., as superintendent of nurses in the Memorial Hospital, and Miss Elizabeth McBeth (1914) has gone as first assistant.

Miss Bessie S. LeLocheur (1906) is working in New York with the Association for Improving the Condition of the Poor and for the Prevention of Infant Mortality.

Miss Mary Clark opened the new Whitingsville Hospital recently, and we hear that the rooms have been filled almost from the first. Miss Eva Waldron (1911) left the Union Hospital, Fore River, to go as Miss Clark's assistant.

Miss Lelia Ashley (1910) is taking a course at the Sargent School of Gymnastics.

Mrs. Helen S. Chapman (1902), who was for several years office nurse for Dr. Harrington, has now associated herself with the Hillcroft Sanitarium, Lunenburg, Mass.

Miss Erma Kuhn (1914) has accepted the position of head nurse in the orthopedic and hydrotherapeutic departments.

Mrs. Fred Peabody writes of the death of her sister, Miss Christine M. Cook, Class 1908. The funeral was to take place in Arlington, but we have not the exact dates. Our sincere sympathies are extended to Mrs. Peabody and family in the loss they have sustained.

BOOK NOTICES

PRACTICAL NURSING. Maxwell Pope. G. P. Putnam's Sons, New York. Third Edition.

The first edition of this textbook was published in 1907. A second edition with addenda was printed in 1910, and the third edition is so complete and satisfactory in subject matter and method of handling that it is difficult to see how any further improvement could be made. The first important difference is noted in the chapter on Bacteriology. The second edition gives a general introduction to the phases of bacteriology that are specially important to nurses. The third edition supplies sufficient text for a six weeks' course in the subject, if supplemented with some laboratory work and reference reading. The same is true of the chapter on ventilation. The arrangement in the third edition is not only much fuller, but includes a thorough grounding in the hygiene of ventilation. The three chapters on the care of the ward, bed-making, and the care and comfort of the patient are greatly improved in detail, the last two being suitable to use as a manual for demonstrations, if so desired. The next part, dealing with the general care and observation of the patient, is extremely well arranged. A chapter on cleansing baths for adults and infants is good in detail. The three chapters on symptoms are full of practical material, as are the six on therapeutic treatment in the form of baths and packs; douches and enemata; irrigation, lavage and local applications, counter-irritants, etc. All this in the second edition is not so fully and systematically presented. The same applies to the section devoted to medicines, and the last ten chapters of the book on surgical subjects, food and massage. In conclusion, the new edition embodies the later theories of various diseases; the newer methods of treatment, and a more detailed and exhaustive description of the principles of the practice of nursing. For younger and older nurses the book contains much valuable information, and many suggestions of method clearly written. It is not loaded with un-

necessary science, but is what its title indicates, a full, well-constructed book on practical nursing.

ANATOMY FOR NURSES. Elizabeth R. Bundy, M.D. P. Blakiston's Son & Co.

ANATOMY AND PHYSIOLOGY FOR NURSES. Amy E. Pope. Whitcomb & Barrows, Boston.

Considered from the viewpoint of adaptability to the needs of the student nurse, Pope's Anatomy appears to be superior to Bundy's. The superiority consists mainly in the simpler arrangement, and the wording, with fewer technical terms. In Pope we have a separate chapter on bones, while in Bundy articulations are included. To the nurse physically tired and less acute mentally when she prepares for class, the clearer and more compact the subject matter, the better. This may be illustrated also by Pope's chapter on muscles. The headings and subdivisions form a concise and yet adequate description of muscular tissue, the most important of the muscles only being given and those which the nurse should specially keep in mind being starred. The physiological side is presented in an interesting manner at the beginning of the chapter. In Bundy, the lengthy caption, "The Connective Tissue Framework and the Skeletal Muscle System," although it affords a splendid description of the muscles is not so easy to grasp as the simpler one. In dealing with the nervous system, always more complicated to the student, there is an unusual occurrence in Pope. The chapters are placed before those of other systems, rather than after, the reason being given in the footnote. The study of this system is here introduced because it controls every other system. In this manner the student is being prepared for the technicalities which follow; while in Bundy she is almost immediately launched into them. The necessity of repeating is hereby avoided. Latin and Greek derivatives of many physiological terms are given in the footnotes. This is another time-saving device, and obviates the frequent use of the dictionary. For these reasons, although both textbooks are excellent, Pope might be chosen for the student nurse in preference to Bundy, which is rather more technical.

BOOKS BEARING ON THE WAR. The books mentioned below were written before the war broke out, but they throw light on its causes, which are slowly dawning on the international consciousness. Bernhardt's "Germany and the Next War" upholds the principle of war, and thinks it essential to civilization, to "culture." In this Americans differ radically, because war is regarded by us as uncivilized and as a great hindrance to the development not only of art, music, and literature, but to the study and discoveries of science. Prof. Münsterberg's "America and the War" holds no one country responsible for the present war, but considers it inevitable. His position as a whole is even more offensive to the minds of those who cannot regard war as a thing to be condoned or treated lightly, but as a criminal and destructive aggression which places an obstacle to progress in all directions, and is an unpardonable wrong against humanity. An answer to this book is found in John Cowper Powys' "The War and Culture." Prof. Roland G. Usher's "Pan-Germanism" was also written before the war. It is one of the productions related to war literature which forms a part of history. Along the same lines are "Germany and the Germans" and "England and the English," by Price Collier. Friedrich Nietzsche's *Life*, written by M. A. Mugge, represents a philosophy which is purely pagan. The onslaughts upon Christianity arouse all the religious opposition of which one is capable. Though there is some truth, as may be said of all phases of human thought, in his statement of eugenics, and the superman, the fallacies in each amount to a contradiction in terms. Man by himself cannot rise to the heights revealed by Christianity, but only through that God-given grace, which is rejected by Nietzsche's philosophy.

MARRIAGES

On September 16, Louise Asman (1895) to Augustus G. Whitman. Mr. and Mrs. Whitman will reside in Ashburnham, Mass.

On Saturday, November 7, Helen Mary Claire (1896) to William Keron Claire. Mr. and Mrs. Claire were married in Boston.

Baby First

H. P. HOOD & SONS

WIN HIGHEST AWARD
IN INTERNATIONAL MILK CONTEST

One hundred and two entries from the United States and Canada competed for the Gold Medal in the National Dairy Show at Chicago last week. This is the fourth time that H. P. Hood & Sons have been awarded the Highest Honors for

THE NATION'S
PUREST, CLEANEST
AND SAFEST MILK

The care and expense necessary to produce such milk is the care and expense which have been employed in the production of Hood's Milk for more than half a century. It is this same care and expense that has resulted in sixty-eight years of continuous service without a case of disease being traced to Hood's Milk.

H. P. HOOD & SONS

Dairy Experts



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



MARCH, 1915

M. S. Hoenigsworth .

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, The Children's Hospital, Boston.

Secretary, MISS EDNA H. HARRISON, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 27 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnae Association

VOL. V

MARCH, 1915

No. 1

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, The Children's Hospital, Boston.

BUSINESS MANAGEMENT

MISS JOSEPHINE A. MULVILLE, *Business Manager*, Massachusetts General Hospital.

MISS EDNA H. HARRISON, *Assistant Business Manager*, Massachusetts General Hospital.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Josephine A. Mulville, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Write legibly on one side of the sheet only.

THE President of the Alumnae stands specially near to the members. She is widely in touch with matters pertaining to the Training School and to the graduate non-resident body of nurses. She therefore wields an influence for good. We as busy women all know the sacrifice of time and often of necessary rest which must be made by the person holding this position. To Miss Dart who was with us so long we give our best appreciation. She endeared herself to all by her cheerful and faithful transaction of the business connected with the office of President. Miss Hall has come into our midst so graciously and efficiently that we shall soon owe her a debt of gratitude. We can show how highly we value such services by a full and intelligent representation at the meetings.

The January Meeting of the Alumnae was held on the 26th day of the month at 3 P.M. at the Nurses' Home, Miss Hall pre-

siding. Only half an hour could be devoted to business as Miss Anna Gibson was to talk after the meeting on "The Experience of a Refugee." Following the reports a few points were discussed. The desirability of a badge for the members of the American Nurses Association had been presented by Miss M. E. P. Davis. Those present among other things wished to know who was eligible for the badge. Are those who entered the Association, not individually, but through their respective alumnæ, entitled to one. After weighing the matter no vote was taken, but the general view was unfavorable. It was decided to make inquiries as to eligibility, etc., and to carry the discussion over to the next meeting.

Graduate nurses of this year, proposed for membership in the Alumnæ, were voted in. Twenty-five new members have come into the Alumnæ recently, chiefly through the efforts of Miss Parsons.

The Pound Party arrangements in reference to the form of notice to be sent out, and the entertainment at the end, the affair to take place in conjunction with the next monthly meeting, were talked over.

The needs of two sick Alumnæ members were dwelt upon, and some measures for their relief considered.

At 3.30 Miss Gibson gave us an exceedingly interesting talk on her adventures in the war zone during the early summer; of her narrow escapes after exposure both to need and danger; and of her final return by the coast of Labrador, and encounter with an iceberg, which was near enough to be photographed. Her simplicity of speech made the talk vastly real. The stereopticon pictures were very good, giving a glimpse into the various countries visited. Before adjourning, tea was served in the Nurses' Home.

The Graduating Exercises.—The forty-first class of nurses was graduated January 15, at 8.30 P.M., in the O. P. D. Mrs. Nathaniel Thayer, who has been connected with the hospital about

twenty-eight years as one of the Ladies' Visiting Committee and the Training School Committee, presided.

There were fifty-four nurses in the class and all but nine were able to be present. Unfortunately the other nine could not be spared to come from Springfield, where they were having their obstetrical training. Miss Mabel Boardman of Washington gave the address which was most interesting. We were most fortunate in getting Miss Boardman, who is very busy with her Red Cross duties and in great demand everywhere, to talk about the Red Cross work in connection with the European War.

She emphasized the fact that however willing a person may be to render aid to the sick and wounded as a nurse, it is the well-trained woman whose services are really useful.

Miss Parsons' report called attention to the fact that our graduates are scattered all over the world, and that 1028 nurses have been graduated from the school. The married graduates are in many instances using their professional knowledge in the communities where they live by acting on hospital and training school boards, also in district nursing associations and allied organizations. She suggested that a fitting way to celebrate the fiftieth anniversary of the school, which will occur eight years later, would be for the graduates to raise an endowment for the school to be presented to the trustees of the hospital on that occasion.

Miss Marian Fuller and Miss Alida Winkelman, seniors, read two excellent papers, entitled, "Earning the Broad Black Band" and "What Makes a Nurses' Training Worth While."

Mrs. Thayer announced the graduates, and the Nurses' Glee Club furnished the music. There were two choruses, a solo by Miss Mulville, and a duet by Misses Walker and Eastman. Miss Goss deserves credit as leader of the Glee Club. After refreshments the friends of the graduating class met at the New Home and a little dancing was enjoyed.

The class presented the home with a beautiful mahogany tea carriage, furnished with a silver kettle, tray, tea caddy, colonial spoons, sugar and lemon dishes with tongs and forks; a dozen

lovely cups and saucers, and even the doilies were not forgotten. The different articles are all marked 1915, so that the gift will be a constant reminder of the generosity and loyalty of the class.

The Class Dinner was celebrated at the Thorndike Hotel, January 23, Miss Peden acting as chaperon. There was a good repast and much fun and laughter as the different toasts were offered. Miss Marian Fuller was toastmistress and Miss Ward was historian.

The Massachusetts State Nurses' Association held its mid-winter meeting at 585 Boylston Street, Saturday, February 20, 3 P.M. It was preceded by that of the League of Nursing Education. Miss McCrae read some letters which she had received from superintendents of training schools giving their opinions on the 56-hour week for nurses' duty. Miss Nichols gave a helpful account of methods employed at the City Hospital, among them the success they had had by having attendants do some of the detail work in wards, which saved the nurse time. At the regular meeting, Hon. Joseph Belcher in his entertaining address, gave quite a number of points concerning the passage of a bill, and how we might set to work in furthering our own. Later, Dr. L. A. C. Hughes made a plea for the restriction of the word nurse to the properly trained nurse. The report of the legislative committee was given by Mrs. Roger W. Homer. Nurses were urged to attend the hearing of our bill, since if they do not show sufficient interest, or are not represented well, we cannot expect to accomplish much. After the adjournment, refreshments were served, and there was opportunity to exchange ideas and to meet those coming from a distance.

Voluntary Services. It is often the case that volunteer aid is looked upon with suspicion as lacking in efficiency. This may have come about through the experience of some church or social organizations where offers to assist gratuitously have proved disappointing. It is true that many Sunday schools have become as highly organized as day schools, and that only salaried

and selected teachers are appointed. It is the same with philanthropic enterprises. Those concerned with them see the value of skilled workers. But this does not alter the fact that there is still a large amount of work to be done, dependent on those who are generous enough to give their services. There are some who are just as conscientious in their efforts to help as if they received compensation for it. Again, there are those who look askance at the slightest obligations, who give grudgingly, or are not particular to do the work promptly and well. Much depends on how we view the things of life. If from our store of experience we are willing to give full measure, even out of a crowded life we can make the world better. But if we are not so inclined, any obstacle may be placed over against that basic principle: "Freely ye have received, freely give."

Invalid Occupation.—Miss Tracy has developed her system of invalid occupation along lines which include many classes of people. The following table gives the aim and the underlying principles of method employed. The M.G.H. pupil nurses are now receiving instruction from her and our course of training is thus enriched in a very important direction.

The instruction is offered to three classes of students:

1. To invalids, whether inside or out of institutions.
2. To pupil nurses, in order to enlarge their practical equipment.
3. To graduate nurses, who have felt the need of the work, and may become teachers.

Each patient is considered in the light of his threefold personality, body, mind and spirit.

The aim is likewise threefold:

1. The patient's physical improvement.
2. His educational advancement.
3. His financial betterment.

The method is based upon a threefold principle:

1. The realization of resources.
2. The ability to initiate activities.

3. The participation in such activities of both sick and well subjects.

An experiment station has been established at 818 Centre Street, Jamaica Plain, with Miss Susan E. Tracy as Director. This is for the practical study of Invalid Occupation.

The Woman's Peace Party.—It is meet that women should bestir themselves towards bringing about a lasting and an honorable peace by protesting against the horrors of war. The purpose of the organization bearing the name of The Woman's Peace Party is "to enlist all American women in arousing the nations to respect the sacredness of human life and to abolish war." The following is adopted as a platform:

1. The immediate calling of a convention of neutral nations in the interest of early peace.

2. Limitation of armaments and the nationalization of their manufacture.

3. Organized opposition to militarism in our own country.

4. Education of youth in the ideals of peace.

5. Democratic control of foreign policies.

6. The further humanizing of governments by the extension of the franchise to women.

7. "Concert of Nations" to supersede "Balance of Power."

8. Action toward the gradual organization of the world to substitute Law for War.

9. The substitution of an international police for rival armies and navies.

10. Removal of the economic causes of war.

11. The appointment by our Government of a commission of men and women, with an adequate appropriation, to promote international peace.

For further particulars address Mrs. Malcolm Forbes, Milton, Mass. Every woman cannot but see in these efforts the "sovereignty of reason and justice" towards a better humanity.

THE PATRIOTIC AND HUMANE SYSTEM OF THE RED CROSS NURSE*

By MABEL T. BOARDMAN

Chairman of the National Relief Board of the American Red Cross

WITH the opening of the Twentieth Century, when in medicine the first thought is for the prevention of disease, and when the motto to be found in so many of our great industrial plants reads "Safety First," war seems an anachronism, an awful absurdity.

To depict the sufferings of the sick and wounded during military conflicts previous to the Crimean War would be but to repeat again and again tales of misery and horror almost beyond belief. Even under modern conditions the words of such an experienced soldier as General Sherman are not too strong to describe them—"War is hell!" It is a hell that only one who has been through the shock and brutality of battle, who has burrowed for months in the trenches with the soldiers, who has walked the interminable wards of suffering in the great military hospitals, who has seen the pitiful destruction and desolation of cities, towns, villages and countryside, and who has witnessed the wretchedness of shivering, half-starved prisoners can comprehend.

In the earlier days, men, though less humane than now, were not altogether brutal, and it is with special interest that the Red Cross turns back the pages of history to the famous military nursing orders. They, like the Red Cross, sprang from the battlefield, for the Crusades gave them birth. We find at Jerusalem in the hospital of St. John the Almoner the cradle of the famous order of the Knights Hospitallers, of St. John of Jerusalem, of Rhodes and of Malta—orders that still exist. Fortunate

*Delivered at the Graduating Exercises of the Massachusetts General Hospital Training School for Nurses on January 15, 1915.

were the sick and wounded who in those early days fell into the hands of these good knights. A woman's branch founded the hospital of St. Mary Magdalena in the same city, at the head of which was Agnes, a noble Roman matron. These devoted men and women we may claim as ancestors of the Red Cross Nurse. On the breasts of their armor or the shoulder of the long mantles appeared the cross, sometimes of white, sometimes of gold, sometimes of red; sometimes of one form and sometimes of another—but always the cross. These old Knights Hospitallers, though fighting for the Holy Land, never failed to give devoted care to all the sick and wounded, whether Christians or Moslems, thereby manifesting what today is the deep pervading spirit of the Red Cross—Neutrality, Humanity. This spirit of humanity broadened the scope of their labors. In the Eighteenth Century we find them aiding the victims of a serious earthquake in southern Italy and Sicily, as did the Red Cross after the similar great disaster of 1908, in the same region.

Save for the volunteer aid of these military nursing orders, there seems to have been no attempt made to provide any nursing care in time of war. If the battlefield lay near some convent or town the religious sisterhoods and other kindly women of the neighborhood gave what help they could to the wounded within their reach. During the Thirty Years' War and the War of the Fronde the sisters of Charity, founded by St. Vincent de Paul, nursed the sufferers and also the victims of famine and pestilence, those two grim handmaidens of the God of War.

Here and there through history are meagre stories of the work of patriotic and humane women for the sick and wounded of military conflicts. A thousand years ago after a battle, Hal-dora of Iceland called to the women of her household: "Let us go and dress the wounds of the warriors, be they friends or foes." Arras, around which lately there has been so much fighting, was the scene of Jeanne Biscot's labors for the sick and wounded in the siege of that same city in 1654. She and her friends established a hospital and continued their services throughout an epidemic.

How little, though, could such occasional, unsystematized effort mitigate the sufferings of the thousands and tens of thousands of the victims of war. Seventeen days after the battle of Leipsic men were found who had died not from their wounds but from exposure.

FLORENCE NIGHTINGALE

But new and forceful factors were soon to lead to a remarkable change in conditions. These factors were the telegraph and the press. The majority of those who witnessed the horrors of the battlefield were they who had taken part in the struggle and accepted conditions as the grim and terrible fate of war. Not so, though, was it with those at home, to whom the telegraph through the daily press brought the story of the misery, the agony of some wounded husband, father, brother, son or friend; for they saw in the suffering man of whom they read some dear one of their own.

Less than sixty years ago the cry coming from a war correspondent in the Crimea rang out one morning in the *London Times*: "Are there no devoted women among us able and willing to go forth to minister to the sick and suffering soldiers of the East in the hospitals of Scutari? Are none of the daughters of England at this extreme hour of need ready for such a work of mercy?" What had happened? Great Britain and France had united in 1854 to aid Turkey against Russia. Forty years had passed since Waterloo had deadened the memories of the horrors of war. So, proudly the English fleet with thousands of brave English soldiers had set sail. The nation had hailed with joy the victory of Alma; but close upon the news of victory came the reports of the uncared-for sick and wounded men. The whole country was aroused. Mr. Sidney Herbert, then at the head of the War Department, wrote to the one woman in England whom he believed competent to relieve the situation; and while the post was carrying his letter to her, one from her to him offering her services crossed it on the way. When this, her country's call for help, came, before even it was received in

official form, Florence Nightingale responded. The supreme appeal of her life came to her, and she went to the Crimea. With her went thirty-eight nurses, called by *Punch*, "The Nightingales," but by Kinglake "The Angel Band."

This little group reached Scutari November 4, 1854; just before the Battle of Inkerman. In the vast barrack hospital lay four miles of human misery, beyond all words to describe. Into these crowded wards and amidst these appalling conditions poured the human debris from the field of Inkerman.

French Sisters and Russian noblewomen were caring for their own soldiers, but at this terrible and chaotic moment Florence Nightingale stands out above all others because of her powers of organization, her ability to bring order out of chaos. Her sympathetic comprehension, her tact and good judgment commanded respect from officials who had seriously doubted the advisability of the presence of women in military hospitals. All the immense labor of organization never blotted out of Miss Nightingale's nature the tender, devoted nurse. At night as she passed through the long wards, her little lamp in her hand, to minister to the suffering men, they kissed her shadow as it fell across their pillows. Longfellow in his poem of St. Filomena says of her:

"On England's annals, through the long
Hereafter of her speech and song,
That light its rays shall cast
From portals of the past.

"A Lady with a Lamp shall stand
In the great history of the land,
A noble type of good,
Heroic womanhood."

With Florence Nightingale we reach the turning of the ways. In the admiration for her great work for the sick and wounded during the Crimean War we are apt to lose sight of the foundation stone of her remarkable, patriotic and humane service; that stone was the training she had received at Kaiserwerth. There

can be no doubt there were thousands of the daughters of England full of the same deep sense of loyalty and love for their country and her suffering soldiers. Love and loyalty must be the inspiration of all such work, but these are of little worth unless by the medium of the trained mind and body they can be made of efficient, helpful service.

Patriotic as were Miss Nightingale's individual labors, they accomplished an even greater work for humanity at large by their inspiration to others. When she was eight years old a boy was born at Geneva who was destined to accomplish great results in extending the efforts she had inaugurated in the hospital of Scutari. Henri Dunant while still a child interested himself in the works of charity and benevolence. The story of Miss Nightingale's work in the Crimean War had made a deep impression upon him. In 1859, when northern Italy, aided by the French, fought to throw off the yoke of Austrian supremacy, occurred one of the great battles of history, the battle of Solferino; 40,000 killed and wounded was its deadly harvest.

Dunant, travelling simply as a tourist, witnessed the terrible sufferings of the uncared-for wounded. "The sun of the 25th of June, 1859, rose on one of the most frightful spectacles that the most vivid imagination could conceive," he later wrote of this battlefield. With the aid of the good women of the neighboring town of Castiglione, he organized a primitive relief corps. The wretched men—French, Italian and Austrian—were gathered in rough commissary wagons and carried to the small city, which itself soon became one great hospital. No organizations of the Red Cross with their corps of trained nurses then existed to act as a medical reserve force, and even an attempt to cope with so much misery seemed hopeless. The wounded were dying of hunger for lack of those to minister to them. There were not enough even untrained hands to bandage the ghastly wounds. Cries and appeals for help filled the air and remained unanswered. Dunant and the good women did what they could; the latter, moving among their Austrian enemies, murmured, "*Tutti fratelli*" (All are brothers). Read scene after scene as depicted in

Dunant's "Souvenir de Solferino" and wonder if nations must continue to settle their differences or protect their so-called honor at such a price as this. Dunant asks, "Would it not be possible to found and organize in all civilized countries permanent societies of volunteers which in time of war would render succor to the wounded, without distinction of nationality?"

Here had the Treaty of Geneva its inception, and the spirit of the Red Cross began to quicken into life.

Dunant followed up the success of his pamphlet by visiting the various countries of Europe, and succeeded in interesting a large number of prominent, notably royal, persons in his plan; first, for the acceptance of a treaty to protect those caring for the sick and wounded, and then in the organization of the volunteer aid societies.

The proposal to adopt a common and uniform flag to mark hospital formations was a welcome suggestion, for at this time each country had a different flag for its medical service. In Austria it was white, in France red, in Spain yellow, and in other countries black or green. The soldiers knew only the hospital flag of their own country, and were ignorant of the others.

In 1864 the Swiss Government addressed an invitation to twenty-five sovereign states to send representatives to a diplomatic convention to be held that year in August. Many of the military representatives at this convention were incredulous as to the possibility of securing the adoption of a treaty based on the recommendation of a previous conference. It was doubtless due to the assurance of one of the American delegates, Mr. Charles S. P. Bowles, European Agent of the U. S. Sanitary Commission, that many of the proposed provisions were similar to orders issued to our armies and which had stood the practical test of active warfare that the Treaty was finally adopted. The Geneva, or, as it is sometimes called, the Red Cross Treaty, provides for protection for hospital formations and their personnel in time of war. Out of compliment to Switzerland, the Swiss flag with its colors reversed—a red cross on a white ground—was adopted as the great world-wide emblem of neutrality and humanity. As the noble

work of Florence Nightingale had been the inspiration for Henri Dunant's splendid achievement, so had the practical labors of our own great Sanitary Commission helped to lay the foundations for the Treaty of Geneva.

In order to carry out the provisions for mitigating the suffering of the sick and wounded the Convention passed resolutions recommending that in every country there should be a committee whose duty it would be in time of war to coöperate by all measures in its power with the medical services of the army. Among the proposed duties of such committees was the training and instruction of volunteer nurses to coöperate with the military medical authorities for active duty. Thus the ages have taught us the need for the patriotic and humane services of the Red Cross Nurse. Not a Red Cross Society exists that does not recognize this necessity. Were there time, I should like to tell you something of what the foreign societies have done to provide this service. That there is room for improvement in many countries, in fact, in all countries, there can be little doubt. If through the medium of the Red Cross Nursing Departments a higher and more uniform standard of nursing can eventually be secured a very important and humane service for all mankind will result.

One incident I may venture to cite to show how the need for the Red Cross Nurse in war has benefited a nation in time of peace. In 1884, when the Japanese Red Cross was organized, there were no trained nurses in Japan, and there existed there a very strong prejudice against women of respectable character undertaking such a profession; but the Red Cross set its seal of patriotism and humanity upon the proposal, it instituted a training school for its nurses, and to overcome this popular prejudice women of high rank took the required course. As a result, Japan has several thousand well trained nurses not only ready for war or disaster but for the daily service for the sick in the hospitals and in the homes. A group of these Japanese Red Cross nurses, with surgeons of the Society, has just passed through New York on their way to Europe to help care for the wounded there.

As part of the organization of the American Red Cross there exists the National Committee on Red Cross Nursing Service. The chairman is Miss Jane A. Delano, to whom we are indebted for a most efficient system; and many other prominent nurses constitute its membership. For enrollment in this service the highest standard ever adopted for nursing was established.

This committee, with some 114 state and local committees, has enrolled over 5,500 of the best trained nurses in the country for active duty in war or disaster. No nurse is required to leave a patient, but in case of war or disaster if free to go she is expected to respond to the call for duty in her own country. For foreign service only such of our Red Cross nurses as desire to volunteer are sent. To the credit of our nurses, it is a great pleasure to report that no call has ever been made in vain; more nurses than required have always responded. Above the badges of their enrollment, the service bars of many of them testify to the fine sense of duty that inspires them. After cyclones at Hattiesburg and Omaha they cared for the injured. Scattered throughout the devastated flood districts of Ohio and the neighboring states, they not only nursed the sick but they proved of incalculable value to the health authorities in the prevention of epidemics by their inspection and their instructions to the people. Promptly in the field, they donned rubber boots, waded through mud, and climbed over débris to reach those who needed their aid. At night they slept on a mattress on the floor or spent watchful waiting hours at remote stations to be ready for a sudden call.

Nor were the results of their labors to end with the relief, for some of the communities they aided, realizing the great help to the sick and their services to the health of the entire community, created visiting nurse associations to retain permanently the temporary benefit they had received.

After the Salem fire, thirty of our nurses were on active duty in the camps, the maternity hospital, the contagious hospital and headquarters. In the large camp at Forest River Park they mothered the whole community, looked out for the babies, gave lessons in their proper care, made many a wise suggestion about

the children, inspected daily the entire camp; not only aiding in maintaining its health but leaving much practical information as the legacy of their work.

At Gettysburg and other veteran encampments, at inaugural and various other functions and parades all over the country they have maintained first aid stations.

Today amidst all the agonies caused by modern warfare, 150 of our Red Cross Nurses are devoting their time, their energies and their efficient training to alleviating some of this appalling misery and distress. Our nurses may justly feel proud of their profession when they read the reports that come to the Red Cross of this work. Lady Paget writes that Queen Mary visited the Paignton Hospital, where our surgeons and nurses, are stationed in England, and expressed her great pleasure over the efficient work they are doing there. Mrs. Whitelaw Reid, who has been long interested in nurses' work, writes: "I am delighted with the way Paignton is run." From Pau the English wife of a French officer says in a letter to Mrs. Herrick: "The American Hospital is incomparably the best here; the only one where there is really trained nursing." And the wife of an English physician there says in a letter to an American niece: "The work of the American surgeons and nurses is beyond all praise. We cannot believe the other units can be as good as those sent here." The units sent to Germany each have a hospital near the Polish border. Mrs. Gerard, the wife of the Ambassador in Berlin, writes that the German Red Cross officials report they are doing wonderfully fine service and the seriously wounded are placed in their care. In Austria it is the same; one unit at Budapest and the other at Vienna. At Kiev, in Russia, the two units have a large hospital of 400 beds in their charge. When Belgrade fell into Austrian hands, the Surgeon Director of our unit there took under its protection the other hospitals of the city and their Servian personnel.

In the quiet efficiency of our Nursing Service, not only is suffering being alleviated, but, perhaps unconsciously, a missionary work is being accomplished. The services of Miss Helen

Scott Hay, who is with the units in Russia, had been given by the American Red Cross to the Queen of Bulgaria for four years to organize a nurses' training school at Sofia on American lines. The sudden breaking out of the war has postponed this plan. Miss Delano, the chairman of our Nursing Service Committee, has been asked to supervise the training of a Greek nurse and one from the Philippines in this country. May this not be the beginning of a universal Red Cross nursing standard?

Nor have we yet reached the limit of the American Red Cross Nurses' patriotic and humane work. The Nursing Committee has organized classes for the instruction in elementary hygiene and home care of the sick, conducted by the Red Cross Nurses, which will do much to improve the health conditions among our people throughout the country. A special department is devoted to the organization and training of a corps of Town and Country Nurses, thereby extending the valuable services of the visiting nurse to small communities. The nurses of this corps must not only come up to the same high standards required for Red Cross nurses, but must in addition have taken at least a four months' special course to fit them for their work.

Thus in the daily life or amidst the distress and destruction of great disasters, or back of the tumult of the battle line, the Red Cross nurse carries on her patriotic and humane service for her country and her fellowmen. This service must be a trained and organized service. All the sentiment in the world is of little worth unless training and organization can give this sentiment practical, helpful expression. Yet through the practical and efficiently trained organization must ever breathe the living spirit of the Red Cross.

"Some day," writes Charles Wagner, "the Red Cross will triumph over the cannon. The future belongs to the nurse, to the little gray sister, to all helpful powers, however humble; for two allies are theirs, suffering humanity and the merciful God."

NEWS ITEMS

Again Mme. Krikor Djélal (1907) writes of work which she is trying to do among Turkish women. At the request of Mrs. Henry Morgenthau, the American Ambassador's wife, to give some practical and theoretical instruction, she bathed ten babies, the mothers having brought their little ones. And it was an interesting gathering. The poor little babes had never before been subjected to such hygienic measures. Mrs. Morgenthau while there took an active part in the work. The American District Nursing Association is now at Pera (a northern quarter of Constantinople). Mme. Djélal has been struggling with poor health, but speaks of being much stronger now. Her heart is in the noble cause of nursing; her one prayer is that God will give her strength to go on in that which she loves. She is often homesick for the dear School and far away Boston, and she signs herself a faithful pupil of the Massachusetts General Hospital.

The opening of the New City Hospital at Winston-Salem, N. C., took place on October 15. Miss Fanny Pickup had been asked to come and inaugurate the hospital—and she found on arrival that it was hardly completed. On very short notice they had the lights, telephone, and elevator put in and the furniture unpacked. Several thousand pieces of linen had to be marked and new articles made, principally for surgical cases. Patients from the old hospital were transferred, many of them typhoids. The Ladies' Auxiliary were hostesses at the opening reception. Large numbers attended. There were addresses by the mayor and others. The hospital has fifty-four beds—and about fifteen nurses. Miss Pickup has now gone to Atlanta, Ga., where her duties as Superintendent of the Training School of the Georgia Baptist Hospital were to begin with the New Year.

Miss Ethel M. Pollard (1912) is taking a rest of a year or longer and is at Rosebery, B. C. Her descriptions of her trip

through the Rockies, bare mountain peaks, and green mountain streams, are most vivid. Later the picture is that of the home life in a little town whose natural setting makes it appear that the dwellers of it are clustered in a cave. The home life broken with reading and music; the wholesome diet and pleasant round of home duties and pleasures; the pets, and the tramps over the hills—all present attractions to the weary seeker of rest and quiet.

The nurses of the Malden Hospital Alumnæ gave a dance on January 28, and raised over sixty-five dollars which they forwarded to Miss Delano at the National Headquarters of the Red Cross Society. Some ingenious cards were distributed telling how to help the wounded soldiers in Europe, and giving the money value of certain amounts of surgical material.

When Miss Rosalind E. Cotter sailed from New York in November she was prepared for what lay before her; yet her letter after her arrival gives a clearer idea of some of the wreckage of war than even she anticipated. First she was asked to reorganize the dietary department. The wards had no kitchens attached (The American Ambulance Hospital, Paris), but small heaters for keeping food warm. It was frightfully pathetic to see the poor patients brought in—many in a shattered condition—and to know what they must have suffered before coming. The “so called” dum-dum bullets had worked havoc in some of the wounds—with an injured surface sometimes requiring extensive skin grafting. In one instance about half a face was grafted—which was a marvellous piece of work done by Dr. Blake. The pathologists have a serum which they use for the “gas bug.” The dentists are doing very wonderful work in remedying jaw fractures and making plates. The soldiers are most patient and at times heroic. Some have had their clothing on for days, including their boots. At the scene of war the Germans and the Allies are so near together that they shout at each other, and frequently exchange articles. But when the order to fight comes they attack each other savagely. Aeroplanes

fly about and searchlights play at night looking for the Zeppelins of the enemy. Miss Cotter ends by saying: "If my country were not mixed up in this terrible spectacle, I would head back to civilization tomorrow. But as it is I feel I must keep at it and do what I can to help."

The Alumnæ held the Pound Party mentioned above in the New Home, Tuesday evening, February 23, for the benefit of the Sick Relief Association. There were about fifty present and the evening proved to be very enjoyable. Two hundred and forty dollars have been received up to date and many of the nurses have not yet sent in their contributions. It was voted to pay \$150 towards the expenses of a delegate to the convention to be held at San Francisco in June.

The American Nurses' Association, Public Health Association and the National League of Nursing Education, all convene at San Francisco from June 20th to the 25th inclusive. The date was changed from May because some requests had come in to have the meetings at the same time that the American Medical Association and the American Hospital Association were to meet in San Francisco. A very pleasant itinerary has been planned for the delegates and others by the Frank Tourist Company. Full particulars can be had by writing to the Frank Tourist Company, 396 Broadway, New York City.

We hear that Miss Grace Perkins is on her way back from England and Miss Edna Harrison (Class 1910) and Miss Catherine A. Conrick (Class 1913) are preparing to start for the Paington Hospital, England, next month under the auspices of the Red Cross.

Miss Edith Cox (Class 1909) has been chosen as head nurse for the Harvard Unit, that is to sail for Paris March 16. Dr. Harvey Cushing of the Peter Bent Brigham Hospital and Dr. Robert Greenough of the Massachusetts General Hospital and

several other surgeons are to go on this three months' expedition. Miss Martin, a Johns Hopkins graduate, of the Peter Bent Brigham Hospital, and Miss Helen A. Parks (Class 1910) have been chosen as assistant nurses. This will increase the number of Massachusetts General Hospital nurses at the American Ambulance to seven. Miss Susan M. Holton (Class 1913) has written a very interesting letter concerning the work there.

Mrs. H. N. Slater, one of our trustees, has twice entertained the nurses at her beautiful home on Beacon Street. About thirty were able to accept the invitation each time and they enjoyed Mrs. Slater's hospitality very much. Her home is filled with beautiful works of art that it is a privilege to see and at the last tea the house was decorated profusely with cotton plants, making a most unusual but attractive effect.

The Ladies of the Training School Committee gave a tea at the New Home for the graduating class January 5, and a chance to visit with these very real but not well-known friends was much appreciated.

The nurses extend their congratulations to Dr. Washburn on his appointment as Superintendent of our useful neighbor, the Eye and Ear Infirmary, and to Dr. Wells, who has been made Assistant Superintendent of the Infirmary.

Miss Josephine Thurlow (1909) formerly Superintendent of the Saginaw Michigan Hospital has taken the superintendency of the Burbank Hospital, Fitchburg, Mass.

Miss Olga Olsen (1915) has been appointed visiting nurse for the skin patients under Dr. Towle. She will work in conjunction with the social worker appointed by Miss Cannon. Miss Ida Cannon, Head Worker of the Social Service Department, has been appointed Chief of the Social Service in connection with the wards.

Miss Emerson has been made assistant to Miss Dibblee in the hospital.

Miss Hazel Manuel (1915) has accepted the position of assistant operating nurse at the Corey Hill Hospital.

Miss Ethel Goss (1914) and Miss Mildred Cartland (1914) have returned to the hospital as head nurses.

Miss Bernice Ettinger (1913), first Assistant Superintendent of Nurses, resigned her position January 23, much to the regret of all her associates. Her engagement to Mr. Matson Tinker has been announced. Mr. Tinker is one of the firm of Carter Bros., Jewellers, Portland, Maine.

Miss Agnes Trull has taken Miss Ettinger's position and Miss Mina G. McKay (1907), recently at the Morton Hospital, has returned to the Massachusetts General Hospital as Night Superintendent.

Miss Gertrude DeLaney (1910) is at the Malden Hospital as Assistant Superintendent to Miss Perry.

Miss Ethel Tucker (1915) is going to the Pennsylvania Hospital for the Insane as instructor and assistant superintendent of nurses.

Miss Amy P. Miller has been for several weeks at the Johns Hopkins Hospital as a patient, but we are glad to say that she has made a good recovery and is now back at her work much benefited by her enforced rest.

Mrs. Eva S. Brackett (1904) has been very ill in Ward E and under Dr. Jones' care, but had started on a good convalescence when she left the hospital January 21.

The date of the nurses' conventions that are to be held in San Francisco has been postponed to June 20th to 25th inclusive. The American Medical Association and the American Hospital Association are to meet in San Francisco at the same time. The California nurses assure us that a great treat awaits us and as we recall the last national convention that was held in California we can well believe it.

Miss Parsons ate her Thanksgiving dinner on Ward B where she enjoyed a two weeks' visit as a patient. A slight attack of bronchial-pneumonia was her excuse for being there and her sojourn was made very pleasant by the attentions of the nurses both inside and outside the hospital. A convalescent period was spent as a guest of Miss McIntosh at McLean Hospital, and of Mrs. Herbert L. Burrell in Cambridge. As a result of this convalescent opportunity she recommends the following books to her friends who have not already read them:—Cramb's "England and Germany"; "Christopher Hibbault, Road-maker"; "Marriage" and "Tono-Bungay," by H. G. Wells; "The Patrician" and "The Mob," by Galsworthy.

Christmas Day in the hospital was said to be the pleasantest of any in the recollections of the oldest inhabitant. It was ushered in by carol singing Christmas Eve by Dr. Richard Cabot's choir and others that annually sing on Beacon Hill and the Common. They met in the yard at the Bulfinch front and sang for half an hour. The snow-covered ground, the moon shining through the snowflakes and the lighted windows of the hospital made a lovely scene and a fit setting for the sweet singers, whose voices carried cheer and comfort to the sick people within the wards. At five o'clock promptly Christmas morn the nurses began to sing their carols. They made a tour all around the dormitories and the hospital and this ministration to the sick and to the well is one of the most appreciated services they render during the year. There were gaily decorated and heavily laden trees in several wards. At least one gift for every adult and several for each

child. Dr. Marvin made a splendid Santa Claus and the jokes on the medical and nursing staffs were especially clever.

The Intermediate Class gave a children's party to the school. Mother Goose rhymes were pantomimed and Jack Horner's Pie contained plums for everyone. It was hard work and oftentimes impossible to guess who the "children" were before they unmasked. Games, dancing and refreshments filled a pleasant evening.

All the nurses who knew Dr. and Mrs. H. H. Crabtree (*née* Newell, Class 1915) wish them much joy and great prosperity in their life together.

Shortly before leaving the hospital Miss Ramona Canfield Dunbar (1914) announced her engagement to Mr. Alden Webster Adams, of Newark, N. J. Miss Dunbar is a graduate of Mount Holyoke (1911).

The school has had the pleasure of a short visit from Miss Isabel Stewart of Teachers' College, N. Y. Miss Stewart visited classes and clinics and divided her time between the Peter Bent Brigham, the Children's, and the Massachusetts General Hospitals.

We have had some interesting programs at the Alumnæ meetings. At the December meeting Miss Nathalie Rudd gave a most interesting talk about her work with the employees at the Plimpton Press Works.

Dr. Robert Green gave an illustrated lecture on Belgium at the December meeting, which was instructive as well as entertaining, and Miss Gibson of the Huntington Hospital, an illustrated talk on her experiences as a refugee at the January meeting. She fled from France to England against advice and it was only by great pluck and the endurance of much hardship that she made her

steamer on which she was booked to leave Liverpool. For five days at one time she subsisted on one meal a day and that a light breakfast.

Miss Susan Holton (1911) is very busy at the American Ambulance, Paris.

Miss Isabelle Lumsden (1892) has been appointed Assistant Superintendent of the O. P. D., a newly-created position. Her experience in admitting out-patients at the Memorial Hospital, Pawtucket, and the course in Hospital Administration which she took in 1911 have prepared her admirably for her new responsibilities.

Miss Marie I. Hansen (1915) went to Elizabeth, N. J., March 1, as Superintendent of Nurses at St. Elizabeth's Hospital.

LINCOLN

So came the Captain with the mighty heart:
And when the step of earthquake shook the house,
Wrenching the rafters from their ancient hold,
He held the ridgepole up,
And spiked again the rafters of the Home.
He held his place.
Held the long purpose like a growing tree,
Held on through blame and faltered not at praise.
And when he fell in whirlwind he went down,
As when a kingly cedar green with boughs
Goes down with a great shout upon the hills
And leaves a lonesome place against the sky.

—*Edwin Markham.*

MARRIAGES

On October 7 at Cambridge, Mass., Edith Theresa Copp, Class of 1912, to James Simon Kennedy, M.D. Since December 1 Dr. and Mrs. Kennedy have been residing at their home, 3 Brooks Street, West Medford, Mass.

On April 14, 1914, at Brantford, Canada, Maude Robertson (1902) to Lucius Carter Kennedy, M.D. Dr. and Mrs. Kennedy are now residing at 1030 Green Ridge Street, Scranton, Pa.

BIRTHS

To Mr. and Mrs. George A. Dorr, on January 13, at Guild, New Hampshire, a daughter. Mrs. Dorr was Helen Ruby Neal, Class of 1908.

BOOK NOTICES

FOODS AND HOUSEHOLD MANAGEMENT. Helen Kinne, Professor of Household Arts, Teachers College; and Anna M. Cooley, Assistant Professor. Macmillan Company.

Women are best adapted to the writing of textbooks on household economics. This book shows the minute study given the subject, not from a scientific standpoint merely, but from that of a practical experience with home conditions. Chemistry is a hard nut to crack for those who have not had it as a fundamental part of the high school course. By this, of course, is only meant applied chemistry. When the results of a thorough education are worked out into a clear, practical and readable text-book like the above it is more useful in such a form, comes within the capacity of many housewives in an understandable way, and can be put

into practice in the household. The principles of economy both as to food values and the financial side of the question are pointed out to rich and poor alike. Young women should have methods of buying and household management incorporated in their school and home training. Mothers have failed in this respect towards their daughters. Teachers College sets up a standard. Its influence penetrates the home. Many have been attracted to the courses of study which it offers. In no other department is this more true than in the Department of Household Arts. :

HOUSEHOLD PHYSICS. Alfred M. Butler, A.M., Head of Science Department High School of Practical Arts. Whitcomb & Barrows.

The many changes which have been introduced in teaching practice have brought with them the simplification of certain subjects for study which take into consideration the limited time and capacity of the high school student. Physics is one of these. It is one of the sciences which has thus been rendered much easier and of more practical worth to the young student. Algebra deepens the judgment; Physics enlarges the mind and gives a reason for many of the phenomena which confront the young starting out in an actually new world. If for some years the high schools have been urging Physics as part of their course, in order that its principles may be applied to the home surroundings, how much greater should the demand for its study be in a profession like nursing. The author of Household Physics has taken these questions into account, and has connected his principles of Physics with the everyday life of the pupils, giving it "a real meaning to them." The mathematical element is kept low, and great prominence given to natural phenomena, making them so attractive to the pupils that they begin to take notice of what is going on around them. This encourages observation—it stimulates the practical or tactile sense. Of the many qualifications required of the nurse, these are the most important. The arrangement in the high school or academic course so as to include

the study of Physics would be a most valuable preparation for training schools for nurses. But if one has missed this advantage, Household Physics is within the range of individual study.

Two pamphlets, "Liberty," by Arnold Bennett (George H. Doran, New York); and "Germany. I, Their Empire and How They Made It, and II, What She Covets," C. R. L. Fletcher, Oxford University Press, give telling facts concerning the present world war which cannot be gainsaid. Historical facts cannot be put down by some convenient theories in relating cause and effect. They are engraved on tables of stone to be handed down to successive generations. And Truth alone survives the wear and tear of Time.

"Baby First"

Highest Score
Brockton Fair
1914



Gold Medal
National
Dairy Show
1914

ESTABLISHED 1846

SAFE MILK

Why Milk should be Pasteurized

RAW MILK CAUSES TYPHOID FEVER

Trask has collected records of 317 outbreaks of typhoid fever traced to raw milk. Here are a few:

| | | |
|---------------------|-----|--------------------------------|
| Glasgow, Scotland, | 500 | cases from one raw milk supply |
| Cologne, Germany, | 270 | " " " " |
| Port Jervis, N. Y., | 59 | " " " " |
| Springfield, Mass., | 182 | " " " " |
| Oakland, Cal., | 262 | " " " " |
| Montclair, N. J., | 106 | " " " " |
| Stamford, Conn., | 307 | " " " " |

PERFECT PASTEURIZATION ENTIRELY DESTROYS THE GERMS OF TYPHOID

HOOD'S MILK IS PERFECTLY PASTEURIZED, AND DURING SIXTY-NINE YEARS OF CONTINUOUS SERVICE NOT A CASE OF DISEASE HAS BEEN TRACED TO IT

H. P. HOOD & SONS
DAIRY EXPERTS



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



JUNE, 1915

M. J. Hellingworth.

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, The Children's Hospital, Boston.

Secretary, MISS FRANCES C. LADD, Massachusetts Feneral Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 27 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumni Association

VOL. V

JUNE, 1915

No. 2

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, The Children's Hospital, Boston.

BUSINESS MANAGEMENT

MISS MARION B. DIBBLEE, *Business Manager*, Massachusetts General Hospital.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Marion B. Dibblee, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Matter for insertion in the Record must be in Miss Perry's hands upon the first of the month of publication. Write legibly on one side of the sheet only.

Graduates are reminded that they should save the dates of September 13 and 14 for the reunion at the hospital. The hospital hopes to be able to entertain thirty-five or thirty-six of the graduates, who come from a distance, if we are fortunate in having as many out-of-town guests; and in case there should be more than can be entertained in the hospital, Miss Parsons would like to know how many of the graduates, who live in or near Boston, would like to extend hospitality for the night of the 13th. If all such will send their names into the Training School Office, it will be very much appreciated.

It is hoped all will join in having a Dutch Treat Dinner at one of the hotels. As it has been talked over informally among some of the graduates, it is thought that three dollars per plate would probably cover all necessary expenses, and it is also

thought that it would add very much to the pleasure of the occasion if the married graduates would bring their husbands to the dinner.

When the International Congress of Nurses was planned, to take place on the Pacific coast along with our National meetings in June, it was thought to have a celebration for the Florence Nightingale Memorial offerings, including a beautiful pageant. But the war has stopped all that. The American Medical Association and the American Hospital Association are holding their annual conventions in San Francisco during the week of the nurses' convention. The members of the Hospital Association are to be the guests of the American Nurses' Association at an educational meeting to be held in the Greek Theater, Berkeley, on Wednesday, June 23. At this joint meeting on the afternoon of that day there will be many notable speakers, from East and West, both men and women. At other sessions of the American Hospital Association Drs. Washburn and Howland represent Hospital Efficiency, Standardization, Legislation and Out-Patient Work, etc.; Drs. Howard and Winford H. Smith (Johns Hopkins Hospital), Special Committees. These conventions will probably draw a larger number of persons engaged in various professional departments than has ever been the case before. Those who are unable to attend will hope to share the benefits of such associated interests through the reports which will be printed in the magazines and the proceedings issued by each association.

The March meeting of the Alumnæ was held on the 30th of the month at 3 P.M. in the class-room of the New Home, Miss Hall presiding. We missed our faithful and efficient secretary, Miss Harrison, but are very glad that Miss Ladd is ready to take up the work. Miss Fullerton reported that dues to the American Nurses' Association had been paid for 360 members. Miss Parsons was elected delegate to the convention in San Francisco, and Miss Hall was chosen as alternate.

After the business meeting Mrs. Susan W. Fitzgerald, Recording Secretary of the National American Woman's Suffrage Association, spoke on "The Value of Women in Public Service," and gave us very sane and convincing reasons for placing the ballot in the hands of women. She said it is no longer a woman's rights movement. The emphasis has entirely changed. Women have been given education, and that means trained ability. Now they want service. Home is but the center of woman's sphere. Its boundaries are as wide as the world. Social work can be made effective only by legislation, therefore the ballot is the means of most effectively carrying on the work women wish to do.

Important business was transacted at the April meeting, on the 27th day of the month. The election of delegates to the national meetings in June was completed; and plans for the graduates' reunion in September were enlarged upon. Miss Parsons requested that discussions should be free, in order that the best arrangements be made, and also that she might secure speakers for the happy occasion. A hospitality committee, the entertainment of guests, and a banquet at some hotel would need to be decided upon. Miss Harrison's resignation in relation to the duties of business manager was read, and also a touching acknowledgment of flowers sent from the Alumnae at the time of the funeral of Miss Augusta C. Robertson. New members were received. It was thought advisable at this meeting to remind the members of the matter of life membership. A year ago it was recommended that our Constitution provide for this on the following terms: Members who have been in the Association for fifteen years or over, \$20; ten to fifteen years, \$30; five to ten years, \$40; and five years or less, \$50; life members to be subject to all other rules of the Association.

MAY MEETING

Delegates were appointed by the Alumnae Association for the California conventions which meet in San Francisco, June 20-26. They are, Miss Sara E. Parsons, Miss Carrie M. Hall, Miss R. Helen Cleland, from Boston; and Miss Mary L. Cole, 133 East

Haley Street, Santa Barbara, Miss Josephine F. Drew, 227 South Serrano Avenue, Los Angeles, Miss Hazel H. Wedgwood, Office Department of Health, City Hall, Los Angeles. We are to be congratulated in having three of these delegates located as near San Francisco as they are, not only because of the long journey thus obviated, but for the reason that they will be able to know the minds and the needs of the professional representatives of that section of the country.

The fifth annual meeting of the Sick Relief Association was held at the Thayer on Saturday, May 8, 1915.

The treasurer reported that the finances of the Association are in excellent condition, and show an increasing cash balance. Two benefits have been paid during the last year. There has been received this year, from the estate of the late Mr. F. W. Bowles, a legacy amounting to \$2,000, which will greatly increase the ability of the Association to carry on its work.

It was voted to add the following clause to Article 2, Section 5, of the By-Laws: "The Executive Committee shall appoint a committee to investigate the health of all applicants."

The following officers were elected for a term of two years: President, Miss A. McCrae, M.G.H.; Vice-President, Miss M. E. P. Davis, 27 Walnut Street, Norwood, Mass.; Treasurer, Miss H. O. Coombs, 149 Roxbury Street, Roxbury, Mass.; Secretary, Miss B. P. Galbraith, 116 Mt. Vernon Street, Boston, Mass.

All applications for membership in the Sick Relief Association should be made to the secretary at the above address.

One of the most enjoyable meetings of the Middlesex County Branch of the Massachusetts State Nurses' Association was held at Pine Banks Log Cabin, Malden, on Saturday, May 15. The business meeting was prettily arranged for on the veranda of the bungalow, which is surrounded by green and pungent pine trees, ancient and steep rocks, while birds, flowers, a blue sky and dis-

tant water completes the picture. Through the courtesy of Miss Wilson, the members were entertained by the Plymouth Reading Club of Malden. During the business meeting our hostesses piled on the logs within the cabin, making a most alluring fireplace, which was acceptable because of the coolness of spring still in the air. The special business consisted of the nominations for the coming year, the contributing of ten dollars towards the Massachusetts Emergency Relief Fund and the taking of the proposed collection for the Belgian Field Hospital Ward. Over twenty-five dollars from different sources was given. Miss Riddle addressed the meeting on legislative and other topics. Afterwards we adjourned to the cozy room where dainty refreshments were provided by our hostesses. Long tables decorated with lilacs, and otherwise attractive, drew forth a flow of soul and intercourse with old friends. A walk around the "Zoo" brought our pleasant conference to an end.

The Malden Hospital Alumnae had received invitations to be present, and quite a number attended.

The St. Barnabas' Guild held its yearly meeting at St. Paul's Cathedral, Wednesday, April 28, address by Dean Rousmaniere. It is a privilege to meet at the Cathedral, our church home in Massachusetts. The mite boxes, which the members of the Guild had taken for their Lenten labor of love, were brought to this meeting. The sum of money thus contributed is to go to Nenana Mission (Alaska), where Miss Bolster, our missionary nurse, is doing such a fine work. The next meeting of the Council will be held in San Francisco, during which time the American Nurses Association and our other national conferences will be in session.

ENDOWMENT FOR OUR TRAINING SCHOOL FOR NURSES

AS schools for nurses have developed, the burden upon the hospitals in providing suitable class-rooms, equipment, instructors, a staff sufficiently large to allow for class work, study hours, etc., has become a real problem.

The hospitals that are thoughtfully and conscientiously trying to meet their obligations find themselves hampered financially. The fact that a school is and must be an expense, at least as long as the hospital furnishes the theoretical as well as the clinical experience, is no longer a disputed fact. Therefore, schools for nursing education should be endowed and the trustees of hospitals should not be embarrassed by lack of funds in supporting this most important department of their institution.

In the last report of the Training School I asked all the graduates to interest themselves in creating such a fund, with the hope that we could celebrate our fiftieth anniversary, eight years hence, by the announcement that the endowment was an accomplished fact.

Some have said to me, in reference to this suggestion, that they didn't see the need of such an endowment; that it was the business of the hospital to support the school. So it is, and so it does—generously, too, but if we consider a little, we will recall that the entire work of the hospital always has been and is dependent upon philanthropic contributions. Also that the expenses always exceed the income, and that the hospital is always hampered in its activities by lack of funds.

We have needed a new Administration Building badly for a number of years; we need a new Children's Ward; we need to rebuild the service rooms in connection with the medical wards, etc., etc. There is always some department working at a disadvantage because of lack of money. The school can go on indefinitely dependent upon such portion of the general funds as can be spared for its maintenance, and must, unless there are people

who feel that the education of our nurses is sufficiently important to make an endowment desirable.

Reasons for an Endowment

Every addition to the hospital makes an increased demand upon the school and those of us who wish to see the school perfected and abreast of the times must desire a financial arrangement that will permit expansion and improvements. We also realize to what good uses the money could be put that is now spent on the school from the general fund.

Those of us who have received our professional education in the Massachusetts General Hospital, who appreciate the value of our diploma, who know better than most the splendid work that is done in the hospital, who are proud of its honorable traditions, its freedom from graft and stain of any kind, should be first in our efforts to perpetuate the work.

How We May Help

If we care enough we can do a great deal ourselves. One graduate has already contributed two hundred dollars; a pupil, who was obliged to withdraw from the school for an indefinite time, gave fifty dollars; others have already promised contributions, and besides giving ourselves we can interest other people in the school.

We can raise money for it in all legitimate ways, such as fairs, entertainments, pound parties, thank offerings, etc.

When We May Help

Now and always. There is not a graduate living but would feel the greatest humiliation if our school should ever lose any of its prestige, and there is not a graduate practicing her profession but benefits by every advance made by the school. What the Wellesley girls did this past year for their college, we could do in proportion to our numerical strength, if we so wished.

RED CROSS NOTES

There has been a request that the names of all our nurses and doctors who have gone to Red Cross service in Europe should be given in this number of the *QUARTERLY*. These are as follows: Misses Grace K. Perkins (1907), Elsie M. Harrington (1911), Mary Burriss (1900), Ellen T. Riley (1911), Muriel G. Galt (1898), Annie L. Clark (1898), Eva S. Waldron (1911), Susan M. Holton (1913), Rosalind E. Cotter (1911), Eva C. McDonald (1909), Edna H. Harrison (1910), Annie M. Loughery (1914), Marie A. Sirois (1915), Margaret Henderson (1913), Ethel B. Davis (1908), Helen J. Hinckley (1913), Josephine M. Gordon (1895), Anna G. Griffin (1910), Edith I. Cox (1909), Helen A. Parks (1910), Mary Dodd Giles (1913). Of the medical profession: Doctors Robert Battey Greenough, Beth Vincent, William Jason Mixter, George Cheever Shattuck, Orville Forrest Rogers, Jr., Philip Duncan Wilson, Lyman Guy Barton, Frederick Amasa Collier.

Miss Josephine M. Gordon wrote of her own appointment by the Montreal branch of the Canadian Red Cross Society to go to the north of France to a large clearing hospital there. They were to form a party of twenty, consisting of nurses from various Canadian cities, to be known as the St. John Ambulance Brigade, with which society in England they were to work. Miss Gordon did not know the exact date of sailing, as they were waiting to hear from the government as to the port from which they would set sail, and as to the time of leaving. She had had some idea of going as a nursing sister to the Medical Service Corps, and was much gratified at the prospect of so doing, but received her appointment from the Red Cross, and of course went under that service. They were to get their uniform outfit in London, and then go to France. Four new Canadian hospitals are being opened in France, besides those they already have. Mrs. H. A. Jaggard (Jessie W. Brown, 1895) was going as matron with the

Army Medical Service Corps of the second contingent. None of the nurses know where they will be stationed.

Miss Gordon adds this to her letter to Miss Parsons, which shows the noble spirit with which the work is undertaken: "I am happy over the prospect of going, and if I am only able to do some little good in making someone more comfortable during such misery, I will, indeed, have my happiness added to."

Those who heard Madame Depage speak at the conference held at the home of Dr. and Mrs. S. J. Mixter on April 16 will feel the nearness and the awfulness of the tragedy of her death on the sinking of the *Lusitania*. There was a hearty response to her appeal as head of the Belgian Red Cross in behalf of field hospitals at the front. One of our American doctors, J. T. Houghton, M.D., of Troy, N. Y., could perhaps have saved her, as both made the plunge from the sinking ship, if he had not received a head wound in falling upon a piece of wreckage. The boats were being lowered when a torpedo again struck the vessel, the time to jump had come. Dr. Houghton was stunned by the blow he received and sank. When he again rose to the surface, Mrs. Depage had disappeared. She was on her way back to join her husband in Belgium in the relief work. Dr. Houghton was picked up by a trawler at Queenstown. Dr. Depage afterward identified the body of his wife, and the return to Brussels was a most sad journey. She was bringing back to Europe \$92,000 as a result of her appeal for the Belgian aid. This was reported to have been in the safe of the *Lusitania*, which went down with the ship. Another report says that it was in such form that it can be collected later.

Since the last issue of the *QUARTERLY*, Miss Ethel Davis, Miss Mary D. Giles and Miss Helen J. Hinckley have gone, under the auspices of the Red Cross, to Paris to serve in the American Ambulance.

Miss Edna Harrison, our efficient Alumnae Secretary and Miss Anna Griffin, one of our expert anæsthetists, have gone to England or Belgium.

Miss Annie L. Loughery and Mrs. Marie A. Sirois have joined Mrs. Vaughan's party of volunteer nurses, whom she is sending to France where they are to serve three months in L'Hospital. Miss Margaret Henderson joined the party independently.

Miss Annie L. Clark (1898) and Miss Eva S. Waldron (1911) have gone as volunteers to assist Miss Muriel Galt (1898) in France. Josephine M. Gordon (1895) has gone to England under the auspices of the Canadian Red Cross.

The Massachusetts State Nurses' Association is trying to raise a thousand dollars in aid of the Belgian Red Cross Hospitals. Toward this our Alumnae contributed at one meeting \$20.00. Nurses who are obliged to "stay at home" can help very materially in exerting their efforts to increase this fund. Possibly many have seen the outline of the plan which the Association has circulated. The amount required for the whole or parts of a hospital are therein given:

\$30.00 will pay for one bed.

\$200.00 will pay for one bed and its upkeep.

\$1,000.00 will pay for a ward.

\$20,000.00 will pay for a whole hospital.

A LETTER FROM SOUTH AFRICA

DEAR FRIENDS AND CO-WORKERS:

We know it is time you had news from "Mseleni." Circular letters have been started several times but never got run off. The fact is, there seems no place to squeeze in the correspondence, though there are many things we are sure would be very interesting to our friends.

The work at Mseleni grows continually. There are ups and downs and variations, but in spite of all that the work grows. There are so many little ones that we have named that depart-

ment "our lotus-bud garden." We have thirteen little ones, ranging in age from one and a half years to twelve. There are two bigger girls, whose young men have brought them here to learn; three married women—two have been brought, one came as a patient; eleven boys; two evangelists, and a teacher. The boys range in age from eight to perhaps twenty-one years. Two of the young men are about twenty-one years old. We are so glad to have them here, and we believe He is preparing them for a blessed work among their own people. We hope they will go to Makowe Bible Training School sometime. Yes, it is a big family for a Station so far from civilization, but we believe it is His will for us to be training these young people for Him. After some eighteen years of experience among heathen people we feel sure this is the only effective way to really train the young people. Early in the year we had to thin out our boys and send five away. We feared more would have to go, but our corn seemed to hold out like the widow's cruse of oil; then the beautiful early rains caused that which was sown to bring forth, so that for some time now we have been gathering from our own gardens, and the people are bringing something every day. It is some four weeks now since we have had much rain. The last week has been intensely hot, with hot winds, so that the food that was still young and tender is being dried and burned up; we had some prayer for rain yesterday after the service, and today it is cloudy with heavy wind. I do hope He will send the rain.

The medical part of the work is very interesting. I believe that everyone who visits this Station is impressed with the number of those who come for medicine, teeth to be pulled, sores to be washed, ears to be syringed, cough medicine, worm medicine, etc. Some of the cases we have had lately are—two little crippled girls, one some six or seven years old, the other ten or eleven. When they came here the elder walked on her tip-toes, with the knees pressed close together. The little one was carried, as her only way of getting about was by sitting down and hitching herself along. She now gets about quite well on crutches. The one leg is shorter than the other, and is quite loose in the knee and

ankle joints, much like the bones of a skeleton. The sister walks better than she did, as she now places the whole foot on the ground, and I do not think she presses the knees together as she did. They are being treated by massage, the parts also being well lubricated with vaseline. They also have a few gymnastic exercises, and through the kindness of Mr. Haigh, I have also had the use of an electric battery for some time. The little one's leg is bandaged with a wooden splint, but it needs an iron splint, which would come below the foot and fit nicely over the knee. Another case was a woman who was carried here on a stretcher. She was covered with sores, had a hard swelling on the left leg, also on the left side. She was here some two weeks being treated with hot compresses, poultices, and in other ways before we could feel it best to lance. When we did, she was found to be in an awful state of suppuration. After another week of earnest effort to save life, we felt it was no use, and asked them to carry her back home, which we felt was the wisest thing to do. She only lived one day after being taken home.

We have had two very remarkable cases of "worms in children." First a little girl was brought who was very ill. I treated her for worms, and found her simply full of them. In two days we had found seventy—two of those long pink worms. Later the little brother was brought. Ruth said he looked like a drooping flower. He was also treated for worms, and we got fifty from him—a child of not more than four or possibly five years.

Our church services are very well attended, and we are sometime encouraged by seeing some of the congregation stand up and confess before others that they desire to serve the Lord Jesus. Last Sunday we had the joy of seeing Tandana, for whom some of you have been praying, stand up and say he accepted the Lord Jesus as his Saviour. His sins, he said, were many, and he asked forgiveness and cleansing. We were all so glad of this trophy. Now we have the wife who used to be a witch doctor; the husband and two of the girls are here in school, one of them engaged to one of our faithful church members. Praise the Lord! In one letter I told you of an old woman who

had been a Christian for some time and who wished to be baptized, but the son said she could not because he would not free her from the responsibility of the home; if he were away from home he wanted she should be free to go to the witch doctors, etc. Now he has denounced witchcraft, says he wants nothing more to do with it; said he no longer hinders his mother from fully following the Lord. She was baptized with three others the last Sunday in January.

We praise the Lord for keeping us so free from fever this year when so many are down with it. Miss Carlson has, however, had several attacks and has been far from well most of the summer. I am glad to say she is much better now, but she must have a change as soon as the way is open to go to Somkele. Ruth has not been free from it either, still we feel He has kept us in a very special way, and we praise Him. Howard also has been kept well in Durban. He was working from January to the end of February, but is now taking shorthand and typewriting at the Technical Institute.

Special needs for Mseleni. Friends, we need much prayer—I mean real “burden” prayer that these converts may be strengthened and kept by the power of God. Also a deep conviction among the people round about us. We also need support for some twenty boys and girls at fifteen dollars or three pounds per year. We could also do far better work if we had better equipment for medical work, and some one to help us; someone who understands something of medical work and school work would be most acceptable. There are many other needs, but we must not be selfish.

Yours in His blessed service and looking for His return,

ALICE K. KEYES.

BERACHAH, M. S. MSELENI P. O.

ZULULAND, SO. AFRICA, March 15, 1915.

PUBLIC HEALTH AND PUBLIC HEALTH NURSES

A NEW ASPECT

A NEW departure in the interests of public health in Massachusetts was observable in the remarkable convention of public health officials of the Commonwealth and of the Massachusetts Association of Boards of Health held in Boston on April 29th at Ford Hall. Dr. Allan McLaughlin, the newly-appointed State Commissioner of Health, was the presiding officer.

Governor Walsh, Dr. Charles Eliot, the President Emeritus of Harvard University, Professor Wm. T. Sedgwick, Professor Irving Fisher, Professor Rosenau, and other well known men were on the programme, and Miss Mary Beard, Director of the Instructive District Nursing Association, represented her organization. Miss Crandall, the Executive Secretary of the National Organization for Public Health Nursing, represented nurses in a very able speech on the scope of the nurse in this developing power for public service. Attention was called by the principal speakers and more particularly emphasized by President Eliot, Professor Sedgwick and Dr. McLaughlin, to the nurse as the indispensable factor in the new ideals of public health. It was pointed out that the nurse with the unique approach her profession bestows upon her, provides as no other worker can, the connecting link between health knowledge as preventive medicine, the sanitarian and health officials have worked it out and the great mass of people who need its practical application.

Something more than this was dwelt upon. Nurses have themselves recognized for some time that the professional training of a nurse is not enough to enable her to take up this task with satisfaction to herself and to those whom she wishes to serve. The "courses" arranged at Teachers College by the Department of Nursing and Health and by three of the large District Nursing Associations show clearly that nurses and boards of managers have for some time realized the need of special training.

And now it is interesting to note that to the awakened interest of sanitarians and the medical profession in the nurse as the interpreter and essential agent in modern measures "personal and preventive hygiene" as one of the speakers put it, has been added this recognition of definite and specialized preparation. Dr. McLaughlin and Professor Sedgwick took occasion at this meeting to say that special technical and social training is as essential for the public health nurse, or "community nurse,"—her most recent appellation—as that sympathetic understanding without which "education" would be valueless.

It is perhaps timely in view of this rising wave of professional and public interest in the "community nurse" to present to the graduates of the Massachusetts General Hospital, already interested through the affiliation of their training school with the District Nursing Association, the remodelled eight months' course in preparation for public health nursing offered this year in Boston by the District Nursing Association with Simmons College and the School for Social Workers.

The work at Simmons College, under the general head of Biology and the Public Health, covers instruction in sanitary science, applied bacteriology, municipal, rural and industrial sanitation, and the biology and epidemiology of infectious diseases. Household economics and the problems of nutrition, especially as applied to the tenement or poorly supplied home, with a study of markets, suitable and economic utensils and racial dietaries is part of the programme.

In addition a short course in the principles and application of the methods of teaching and special lectures on social legislation and on social hygiene will be provided at Simmons College. At the School for Social Workers lectures and conferences on the methods and principles of Social Service will be given throughout the year and field work with one of the social agencies will be arranged as practical experience.

The practical experience in public health nursing will be provided by the District Nursing Association. This is planned to be given under two heads—preventive nursing, which takes up

baby welfare and observation and care of the prospective mother—general nursing, prenatal and maternity, with the care of chronics and acute patients. Certain families will be given the students to follow during the year. Lectures and conferences on public health nursing will be part of the work under the Association.

This is a brief outline of work as arranged for the coming year, beginning September 22d and ending in the first week in June. A survey of its general plan will we think show that technical instruction, social knowledge and practical experience have been fairly combined.

THE PROFESSIONAL OBLIGATIONS OF A NURSE

MYRTLE F. DANICO (1915)

Massachusetts General Hospital

IN the history of a nation its development is gauged by the state of its civilization. We may speak of the measure of that civilization as Government, Commerce or International Relations, but, always the thought is of the social condition of the nation. The national industries and professions furnish ample and accurate indications of the national status.

A consideration of the trend of the changes in this respect shows us that the items of change have not only been many and varied, but they have had a pronounced tendency along certain lines more or less clearly defined. Always we see a gradual subrogation of the element of self advancement, a gradual growth of a consideration for others. Not on the part of every individual, it is true, and, the cynic might say, not even on the part of a fair majority of the people. But the tendency is present, encouraged by some, acknowledged by all.

Even to those who have not yet capitulated to this influence has come the realization that the time is gone when highest honor goes out to him who achieves success to himself, regardless of the cost to his neighbor. Success, honor and financial

benefit are now most fully awarded to those, who so devoted themselves, that while winning personal advancement, they are able to give to their neighbors the full benefit of their knowledge and effort. For though a man has but one talent, he is to that extent a trustee for all mankind. His position, like that of every other individual, is unique, and his gift is not his alone, but rather, the property of all humanity.

This was true even prior to the present year, and now, with Europe plunged in its terrible catastrophe, one has but to glance at any newspaper to see that popular acclaim and honor is paid, not to the general who has accomplished a coup, or even to the engineering corps which has constructed a pontoon bridge over which a devastating horde may be carried, but to those who, in the face of indescribable scenes of brutality and suffering, have gone on the field of battle bringing cheer and relief to friend and foe alike.

To the trained nurse, doing her work unostentatiously without any thought of self, has fallen the privilege of being the one happy figure in a period of disaster. The freedom of Europe, regardless of international boundaries and passports, has been accorded her. Truly, a fitting appreciation, though all too inadequate, of a profession embodying the elements which are the ideal of every individual, the goal of a considerable number, and the actual property of a fortunate few.

The very purpose of the profession entitles it to the respect of all. The character of the work embodies the best elements of present day life. The purpose of the nurse's endeavor is both worthy and necessary, and the work benefits, not merely the patient and practitioner, but the entire community. An humanitarian calling of the highest type, the nurse is able, by the constant association with many people of varied types and characters, to benefit herself mentally, financially and professionally in exact relation to the extent of her practice and interest in her work. The various new experiences met with all help to broaden her knowledge of her work, people, places and things, and to develop and strengthen her character.

Work, which has such far reaching results upon nurse, patient and community alike, is not to be lightly undertaken. It is proper and necessary, that the nurse, at the outset of her study should have some idea not merely of the physical requirements of her calling, but also of its less tangible but equally important characteristics, its professional obligations. A proper conception of these will come only after years of experience, which will have provided many examples and many an opportunity for decision by the nurse.

Student and graduate alike, would do well to keep constantly in mind the fact that with them individually, and as members of the profession, lies their own success, and the opportunity to raise their calling to the height to which it is entitled. Every nurse ambitious to be a credit to herself, her training school and her calling, should regard these vital precepts, by which she is bound and which are popularly known as Professional Obligations, rather than Professional Opportunities. For the nurse is selected not for her technical skill or efficiency alone. Her personal attributes have no small weight with the physician, the patient and the relatives. By her careful study of those obligations—the only way by which she can get a clear understanding of their exactions, she will gain for herself one more resource with which to practice advantageously.

The rules of conduct adapted to the many diverse circumstances attending the nursing of the sick constitute nursing ethics. It is conceded that professional duties as distinguished from obligations may be studied in the training school. For the nurse to be successful in actual practice, she must needs have been well tutored in such duties by competent teachers. The final ability is governed largely by the early teachings of the school. But the nurse's adherence and, indeed, her very conception of her professional obligations rests only with herself. Upon her own sense of propriety and of the nature of her calling must depend her interpretation of those precepts of which she was informed while still a student.

The itemizing of these obligations would be a relatively simple task, and it is assumed that every reputable training school will have called these matters to the student's attention. The student will, likewise, have been advised of their vast importance. No lecture, no advice, can properly instruct the nurse in the actual practice and fulfilment of her obligations. The circumstances under which they may occur are too varied to anticipate. Then will come the time when the personality of the individual will rise to guide her to the credit or injury of her profession. A strong statement. But the importance of a proper fulfilment of her obligations upon each and every occasion is not to be overlooked. It enhances the reputation of her profession, an end always to be striven for. In the proper execution of her various duties, under devious circumstances, the nurse is called upon to show the best that is in her in the application of her self control, tact and respect for her associates.

No one will question that the nurse's primary obligation is to her patient. It is for the latter that the profession maintains its existence. Let no young woman forget this, in her gratification at the thought that she is in a position to demand better than a living wage. One does not—or, should not, study and practice nursing for the mere sake of earning a living. To enter into this work—as fine an occupation as any that exists—with no other goal than this, is to enter without the proper qualification. A training school education and medical knowledge are not the entire stock in the trade of a nurse. A humane and Christian spirit and a proper appreciation of her responsibility and duty to give to the patient the best of care, effort and attention, are of equal importance. What she might be unwilling to do for well persons, she can and should do for the sick.

Such service cannot be bought. Having been given, it may, it is true, be paid for. But while the nurse is actually engaged in caring for her patient, her attitude must be influenced and her interest stimulated, by a tender consideration, if not for her patient in particular, at least, for mankind in general. Endowed with such a spirit, the nurse will find it possible to give the pa-

tient a wealth of attention which would be otherwise utterly inaccessible. What is equally important, she will find herself in absolute control of the sick-room, a control fostered not through arrogance, but gladly conceded to her because by her attitude she has won the confidence of the patient and his family.

The nurse should realize, from her first case, that her opportunity for doing good, for benefiting her patient, lies not alone in the mere administering of medicines. Her soothing manner, pleasing—and by that is meant neat—appearance, and her air of quiet confidence, will bring to the sick person a sense of security which will tend strongly to his speedy recovery. Good sick-room manners—everything which is done relating directly or indirectly to the patient—are the outcome of forethought, consideration and self-control. The nurse should strive constantly to give to her patient the best that is in her, not alone in the way of her technical education, but also of her personal interest and thoughtfulness. And it might be proper, at this point, to say, that her personal attention is to be given as from nurse to patient. Under no circumstances is she ever justified, while professionally engaged, in permitting any other sort of personal interest to arise.

The nurse's relation with the patient is indeed a subtle thing, not readily to be defined. Bearing in mind that she owes it to the patient to use her every energy in his behalf, and that she has not fulfilled her duty by a less effort she should watch constantly to see that her acts of attention are not misunderstood. In the hospital ward there is but little danger of this—the demands from the various patients limit the nurse's attentions. But in a private home, where she is constantly in the presence of the sick person, it requires a woman of fine calibre to clearly distinguish the exact amount of attention and interest proper to bestow upon the patient.

As has been pointed out, something more than a mechanical compliance on the part of the nurse, with the doctor's orders, is required, if the nurse is to make the most of her opportunity for relieving the sick. She is more than an assistant to the

physician—if properly trained and equipped mentally, she is at once his assistant and auxiliary; his assistant to faithfully carry out his orders; his auxiliary to aid in the care of the patient by those little acts of deftness of touch and manner, and of forethought, characteristic of the best type of the young woman of today.

Even before the beginner has an opportunity to reveal by actual practice her conception of her obligation to her patient, she may be confronted by another, no less imperative, arising from her relation with the physician. He is, in common parlance, her superior officer. Once she has been retained on a case, this is true, even before she enters the sick-room. The nurse should treat the physician with a proper respect, to his face, and should not, indeed, may not, change from that attitude in the least particular while he is absent. She is left no discretion in this respect. Her knowledge of sickness and its treatments, acquired as an incident while studying to be a nurse, does not entitle her to attempt to supersede or even advise the doctor as to the patient's treatment. So I have said the nurse is the doctor's assistant, to fulfil his orders in his absence, and to make a formal report to him upon his return.

The patient's frown may indicate acute suffering, a turn for the worse,—if so, the nurse, in her capacity as assistant, should summon the physician. On the other hand, that frown may be caused by annoyance at a flapping curtain or a crookedly hung picture. If such be the case, the doctor's auxiliary, the nurse, should remedy the defect, and in such manner as to bring to the patient's spirit, if not to his lips, a thought of thankfulness at the understanding of the quiet and capable woman who was observant enough to notice the existence of an annoyance, and keen enough to identify and eliminate the same.

The visiting nurse, laboring often in places of squalor and undiscovered illness, is frequently the first to reveal the presence of sickness. She will be asked many times to prescribe, that the doctor's fee may be avoided. There can be no half-way course in the matter. She is still a nurse,—not a medical practitioner,

and she is duty bound, therefore, to call a physician. It is true, the nurses engaged in this sort of work are more apt to be confronted with emergencies until then unknown, than are those engaged in more regular lines. But rare, indeed, is the emergency so urgent that it is impossible to secure a physician. Once a physician has been consulted, the visiting nurse is bound by the same obligations which confront one constantly in attendance, and she should not indulge in any liberties with the doctor's orders. Upon occasions, she may use her personal authority in some respects. This does not, however, justify her in acting in place of a doctor in the prescribing of medicines.

It sometimes happens, fortunately infrequently rather than otherwise, that the nurse finds it impossible to properly unite with the physician in giving her best attention to a patient. This condition may arise either because the nurse disapproves of the physician or of his methods. In neither instance, speaking generally, is she justified in leaving her patient. Once engaged, her duty to the patient requires that she remain in attendance, regardless of her personal comfort or peace of mind. If, however, the discord between nurse and physician is so strong as to tend to react to the patient's injury, the nurse should withdraw from the case quietly, bearing in mind that the patient must be spared all possible annoyance.

Needless to say, the nurse is not privileged to suggest to the patient that another physician might be advisable. Such a remark, aside from being absolutely disloyal to the attending physician, is so unethical as to be almost certain to direct suspicion, not at the physician, but at the nurse.

Analogous to the relation which should exist between nurse and physician, is that arising when two nurses are in attendance upon the same patient, or in a hospital ward where several nurses are occupied upon duties which frequently overlap. Under such circumstances and regardless of any personal feelings in the matter, the nurses are bound to maintain an atmosphere of good-feeling and coöperation. Their duty to their patient requires it. Any appearance of a disagreement between the nurses

would be certain to cause an agitation in the mind of the patient which could only have a bad effect upon his health. Moreover, the dignity of the profession should be sufficient to restrain any nurse who so far forgot herself as to criticize one of her associates. For nothing could do more injury to the reputation of the profession, than the presence of some petty disagreement between nurses. The patient would be fully justified, if such a thing occurred, in discharging both nurses, and in starting anew with more congenial persons. If the beginner feels inclined to stand on her rights, and is tempted to offer that as an excuse for disagreeing with her associate, she should bear in mind that the relation between nurses differs only in degree from that between nurse and physician. For between fellow-workers, one nurse—as on a private case, the one first in charge—must be the superior, the other the subordinate. Absolute respect, or rather coöperation, must exist, regardless of personal feelings.

Once the nurse has done her duty to her patient, as she sees it, maintaining meanwhile a proper professional dignity, she is inclined to stop. She draws certain definite boundaries beyond which the scope of her labors will not permit her to go even when living in a private family. Such was formerly the oft repeated criticism, one seldom heard of today, and which it is hoped will be quite unjustifiable in the near future. Conceding that the nurse is, more often than not, the busiest person in the household, still, she should not forget that common courtesy demands that she shall not be totally regardless of the convenience of the rest of the family. Coöperation with them, rather than an utter indifference to their presence and requirements, will win for the nurse their immediate respect and their future recommendation. The doctor sends to his patients in ninety-nine cases out of one hundred, the nurse who will make the family and the patient comfortable. From a business viewpoint alone, that should be more than sufficient to induce the nurse to show the family proper consideration. More important still is the effect such a regard would have indirectly upon the

patient. The latter will consider it as a fitting respect, and will esteem the nurse the more highly for it.

In her dealings with the relatives and friends of the patient, the nurse will require frequently more tact than in her relations with any other persons with whom she will come in contact in her entire career. She comes, an absolute stranger, into the family at the very moment when it is already unnerved and miserable from sudden anxiety and danger. But if she makes an effort to fit into the regular trend of the household, assuming her duties easily and without too much formality at the beginning, she will find, in a great majority of cases, that the family will welcome her coming, and will look to her as their leader.

In her anxiety to properly perform her obligation to her patient, and, incidently, the various other duties incumbent upon the profession, the nurse should never forget that she owes an obligation, no less important, to herself. She should always consider it her duty to keep both mind and body clean and strong, and strive constantly to increase her efficiency. For a young woman to attempt to nurse a patient when she, herself, is run down, is little short of criminal. She cannot possibly do justice to the patient, and, in a majority of cases, the latter will frequently remain silent rather than to over-work a tired-appearing nurse. Far from shining as a form of martyrdom such conduct on the part of the nurse is a reflection on her conception of nursing.

In justice to herself, regardless of others, the nurse should not lose sight of the fact that, in spite of the splendid purpose of her work, and the universal esteem in which it is held, she, like every other living soul, is subject to mortal ailments. She should take pains to guard against these so far as possible. First, by taking proper care of herself, eating good food, and getting sound rest. She may safeguard against the future by a careful management of her present earnings,—and surely, no one should consider her mercenary for so doing.

It is no reflection on the scope of the work that it is gradually becoming systematized. Quite the contrary. The spirit of its

beneficence is the same which thrilled all Europe at the Crimean War. And the call for nurses, good nurses, is as insistent today as it was those many years ago. Likewise, the demand is still unsatisfied. It is to combat the deficiency that nurses' registries have come into existence. They serve at once as Clearing Houses for nurses seeking positions and for patients in search of a nurse. Further, they instil a business spirit into their subscribers. For once a nurse has placed her name upon the waiting list, she is under a business obligation to hold herself in readiness to answer a call from the registry. If the beginner has not yet fully grasped this idea, she should do so immediately. It is not right to sign upon the list, and then go about as if free from all responsibility. The nurse should regard the registry as does the layman who calls there for a trained nurse,—as a business proposition. For only by so doing can she command the entire approval of the energetic people of this modern age, the people who, as her patients, have it in their power to found training schools and endow hospitals.

The spirit of organization is found, likewise, in the Alumnæ Associations of the various training schools. The interests of the training school graduates should be unanimous in this respect, to join their Alumnæ Association, and having done so, to keep actively in touch with its business and progress. That is not to be regarded as a pastime, but as an obligation, and a vital one. The graduate owes this duty both to herself and to the school, for only by the union of all nurses in one great body, through such Associations, can a standard be erected and maintained, by which the best professional interests of the nurses will be advanced.

As members of a comparatively modern, but nevertheless, thoroughly tested profession of splendid purposes and possibilities, every nurse owes it to her co-workers to do her share for its betterment. One lesson, at least, and that a warning, is to be derived from the political history of our nation. Every individual nurse has a duty—to take an active interest in the things beyond herself, in the policies of her profession. Do not leave

it for the "stay at home" element to decide on the standard to be maintained. No such element should exist. Each nurse, should, for herself, give frequent thought to the ethical side of her work. If her thought, her decision, is correct, it can best be passed along for the benefit of new comers through the medium of her Alumnæ Association, if wrong, that is the place to turn for correction.

No one should be satisfied to be a second-rate nurse. No nurse should think of her work as menial, if she does, it will be menial in her hands.

Regardless of her own personal esteem, she should appreciate again, that she is now a member of a profession, of an organization, and responsible in part for its reputation. The existence of the nursing profession, like that of any other organization, depends upon the assumption of this burden by its individual members. Time has helped to settle the question and a trained nurse's position now is largely what she herself makes it. Every time a nurse successfully fulfils her duty to her patient, or to the doctor in charge, she has successfully assumed, for the moment, a part of this burden. If she has done less, she has failed in her obligation to the profession.

For the young woman who wishes to enter an occupation which will combine opportunity for the exercise of the finest traits of womanhood with the chance to apply her effort to the benefit of her fellow citizens, no better field can be found than in the ranks of our trained nurses. While still a student, the candidate must strive to realize once for all, that her task of preparation will be far from complete upon her graduation. She should continue her efforts to learn all that can be learned about her chosen profession, in order that her patients may receive from her the best that can be given. She should not rest content upon the mere discovery that certain obligations are incumbent upon the members of the profession. Let her remember always that many a woman's success, either as a pupil or a graduate nurse, is wrecked, not for lack of knowing how to do her work well, but from her ignorance or neglect of the practical

application of the ethical side of her profession. Her mind must be kept constantly on these obligations, seeking for opportunity to apply them. The nurse who does this, whether superintendent of a training school, or the newest graduate thereof, will find herself possessed of a new faculty, another instrument with which to do justice to her patient, her profession and herself.

NEWS ITEMS

Our graduates will be interested to hear that Ward A and Ward B are being torn down to make place for Ward F, which is to be moved over opposite Ward D, raised a story, and another ward built underneath it, after the most modern plans. Ward F will be somewhat remodeled. In the place where Ward F now stands there will be a new private hospital erected which, it is planned, will care for about eighty-five private patients. It has been felt for a long time that the members of our staff should have a place on the grounds where they could bring their private patients and thus give them the advantages of our laboratories and other departments, which are now considered so essential to the proper care of the sick. A new Administration Building is to be started on the ground where the old Harvard Medical School stood, and all who realize how badly such a building has been needed will rejoice to know that it is to really become a reality.

Mrs. W. W. Card (1884) and Miss Anna C. Maxwell were stopping at the Touraine recently, Mrs. Card being en route for Seal Harbor, where she makes her home.

Miss Marie Huber (1914) writes glowing accounts from San Diego, where she has been stopping since her graduation.

Miss Ethel Tucker (1915) has gone to the Pennsylvania Hospital for the Insane as assistant to Miss Jessie L. Brown.

Miss Elizabeth M. Jamieson resigned her position at the Lakeside Hospital June 1st, and is coming back to the M.G.H. as Miss Parsons' first assistant.

Miss Jane F. Riley (1888) has been ill for some weeks, but is now convalescing in New Hampshire.

Miss Dorothy Tarbox (1915) has gone to the Burbank Hospital, Fitchburg, as instructor, after having had some special experience in assisting Miss McCrae.

Through the courtesy of Miss Nichols, Superintendent of Nurses, Miss Parsons had a very interesting forenoon at the Boston City Hospital recently, observing the work in some of their busiest wards. The City Hospital has the system of ward attendants and helpers, who relieve the nurses of much of the routine housework.

Miss Carolina Sutherland (1909) was one of Mr. Frank W. Bowles's nurses, and interested him in the Sick Relief Fund, the \$2,000 above-mentioned in the annual report having been given in response to her account of the needs of the Association.

Private nurses who come into intimate contact with wealthy and philanthropic people have an unusual opportunity to interest these people in the needs of public health work and nursing education. Of course, the wise and sensitive nurse will never intrude her personal affairs, but oftentimes where nurses are with patients for long periods of time, friendly relations are established which justify the nurse in speaking of those projects which are not only hers in a professional way, but are of vital concern to the laity.

Miss Caroline B. Plant (1912) is to spend the summer in California.

Miss Virginia Kennen (1915) is acting superintendent of nurses at the Children's Hospital, Portland, Maine.

Dr. and Mrs. Harry Langnecker (1912) have gone to California to live, as Dr. Langnecker has accepted a position on the staff of Leland Stanford University Medical School and Hospital.

Miss Flora A. Hinckley (1910) has been obliged to resign her position as head nurse of the operating room in the Washington Hospital, St. Louis, on account of the illness of her father. When able to resume professional work she is planning to enter the Department of Nursing and Health at Teachers' College, Columbia University.

Miss Elizabeth Sullivan (1913) is instructor and assistant superintendent of nurses at the Children's Hospital, Boston.

Grace I. Linscott (1906) is taking a course in social service, having been obliged to withdraw from active nursing work.

Miss Carrie M. Hall, of the Peter Bent Brigham Hospital, and Miss Parsons, of the Massachusetts General, are expecting to go to the conventions in San Francisco with the delegates' party. They will stop at Hotel Clift, the Nurses' headquarters, during the Convention, and are coming home via the Canadian Pacific. They are going to rest in the Canadian Rockies. Miss Hall expects to return in July, and Miss Parsons early in August.

Miss M. E. P. Davis has been elected delegate for the A.N.A. convention in San Francisco, by the Massachusetts State Nurses Association.

Violet L. Kirke (1905) has resigned her position of superintendent of the Victoria General Hospital on account of ill health.

Miss Elizabeth Peden, office assistant in the Training School for the past four years, resigned her position May 1st. Miss Peden will be greatly missed as she not only concerned herself with her official duties, but was always greatly interested in the

St. Barnabas Guild, and all the social life of the School. She has been appointed superintendent of Dr. Brooks' new private hospital, which is to be opened this summer. All good wishes follow Miss Peden in her new and difficult position.

Miss Mina G. McKay (1907) is back in the M.G.H. as night superintendent.

Miss Agnes Trull is on day duty as substituting first assistant to Miss Parsons.

Ruth Bailey (Holyoke 1911, M.G.H. 1915) is doing school nursing in Everett, but is going to spend the summer at Denison House. Miss Lovejoy is resigning her position at the Settlement.

Miss Elizabeth Hansen (1915) who was reported to have gone to the St. Elizabeth's Hospital, Patterson, N. J., was obliged to give up the appointment at the last minute, so the announcement was incorrect. She is now assistant superintendent of nurses at the Baptist Memorial Hospital, Atlanta, Ga. She writes that she finds the work interesting and the people pleasant.

Miss Bertha I. Thompson (1915) is operating room nurse at the Griffin Hospital, Derby, Conn. July first she is to be promoted to the assistant superintendent's position.

Miss Hazel Manuel (1915) is assistant superintendent to Miss Cooke of the Melrose Hospital.

The January probationers were given a delightful evening at Mrs. Hugh Cabot's during their probationary period. After receiving their caps, they gave a very pleasant reception to the April class of twenty-two "probs," inviting the rest of the school to participate.

Miss Louise S. Zutter (1913) is substituting in the Training School office this summer.

Miss Josephine A. Mulville (1913) resigned her position as head nurse in Ward E to go to the Holyoke Hospital as night superintendent. Miss Mulville was one of the most popular and efficient head nurses in the hospital. Her unfailing enthusiasm, loyalty and tact served to make her equally popular with doctors, patients and pupils.

The graduating exercises of the Malden Hospital, for the Class of 1915, took place on April 20, several features of which were gratifying alike to guests. Hospital representatives and nurses. Dr. Walter P. Bowers, secretary of the State Board of Registration for Nurses, was the principal speaker. His address was worthy of the closest attention, and there was a larger audience than usual present. A greater impetus is in this way often given to progress than is perceptible at the time. Dr. Bowers is a man of strong conviction and wide experience as a teacher, examiner and legislative authority. His presence was greatly valued.

News has reached us of the birth of twin girls to Dr. and Mrs. J. M. Gallison. Mrs. Gallison was Mae B. Kells, Class of 1909.

Contributions and pledges to the Training School Endowment Fund are beginning to come in:

| | |
|-----------------------------|-------|
| A Graduate | \$200 |
| Louise C. May (pupil) | 50 |
| Susan L. Mills | 5 |
| Pledge from Graduate | 100 |
| Louie Wellington | 25 |

Miss Maud A. Pearson has returned from a delightful stay in Santa Barbara, Cal., where she spent most of the winter.

Miss Annie Fletcher expects to visit her brother's ranch in Alberta. She will remain there through the summer, and spend a part of the time also in Banff.

Miss Garnet I. Pelton (1903), writes from Colorado Springs as follows:—"I am only a block and a half from a nice quiet hotel, the Acasia, and a half dozen blocks from our best hotel, the Antlers, which is directly under the brow of the Peak. Moreover, I am heart-hungry. . . . If you know of any friends who are coming here, will you tell them what a boon it will be for me to see them? As I am still tied to my porch, I can only offer as hospitality the scenic wonders and my joy at seeing them. . . . I have moved from way out on the prairie to the Springs, to be easily accessible to any friends who may pass through."

Miss Parsons would be very glad if anyone knowing the addresses of Alumnae members given below would send them in to the Training School.

| | |
|-------------------------|-------------------------|
| Miss Ethel E. Chute | Miss Josephine F. Dyke |
| Miss Christina M. Cooke | Miss Iphigenia A. Smith |
| Miss Annie Burgess | Mrs. Eva Wood |
| Mrs. Otis E. Clark | Mrs. Forest J. Maynard |
| Mrs. Silas L. Filkins | Mrs. W. C. Richardson |
| Miss Christina McDonald | |

The nurses of the Training School gave a May Party the evening of May 28th for the benefit of the Belgian-American Hospital and for the furnishing of the New Home Roof.

There was dancing, cards and fortune telling. Home-made candy and refreshments were for sale. The rooms were beautifully decorated and some original ideas carried out in securing artistic effects.

The rooms in the basement which were used for refreshments and cards had the usual number of exposed pipes that are not in themselves things of beauty, but in this instance they lent themselves very well to the decorating scheme. In the class room

a network of twine was woven from the pipes which made an invisible support for a canopy of fresh green boughs, and the vertical pipes were wound around with evergreen. When one entered the Recreation Room at the other end of the hall the effect was fairylike with the dainty festoons of pink, yellow and green butterflies that were made out of tissue paper and suspended with thread from the ceiling. Baskets of lilies-of-the-valley were distributed in the various rooms and the house was filled with their fragrance.

The music was spirited, the candy and refreshments excellent, and the fortune tellers in their effective costumes were besieged with guests. The party was well patronized, not only by our hospital people, but several members of our Visiting Committees and Medical Staff lent their presence to the occasion.

It is believed that the receipts will amount to nearly \$100. The nurses have already contributed \$29.25 to the Belgian-American Hospital Fund, which will be credited to the school in addition to half the proceeds of the party.

MARRIED

Grace E. Fowle (1906) to Philip H. Pierson, M.D., recently medical house officer at the Massachusetts General Hospital. Dr. and Mrs. Pierson are to make their home at 1721 Pacific Avenue, San Francisco, California. Their many friends in the Hospital wish them much happiness and prosperity.

On April 5, Leona Emeline Forsyth (Class 1910) to William Radford Fairfield, at Portland, Maine. Mrs. Fairfield was formerly superintendent of nurses at the Children's Hospital, Portland.

On April 17, at Canaan, New Hampshire, Ethel Caroline Story (Class 1909) to Gordon Henry Wilson. Mr. and Mrs. Wilson will make their home at 71 Park View Road, Jamaica Plain, Massachusetts.

A MEMORIAL

The death of Augusta C. Robertson, R.N. (Class 1891), at Beverly, Massachusetts, March 30th, has removed from the community one whose professional career was marked by a progress which brought distinction to herself as well as to her native town. Intensity of purpose and buoyancy of disposition were characteristics which made all her efforts toward promoting the welfare of the trained nurse or the comfort of the patients marked by more than the average degree of success. She was the daughter of Lucy P. Robertson, and was born in Danvers, Mass., August 20, 1866, educated in the Danvers schools, was graduated from the Holton High School in 1883, and after a short career in business she took up the study of nursing at the training school of the Massachusetts General Hospital, receiving her diploma from that school in 1891. For many years she practiced acceptably in Boston and vicinity among the leading families, and for the most distinguished physicians. In 1897 she took a special course in training school management at the Presbyterian Hospital, New York City, after which she accepted a position at the St. Luke's Hospital in Chicago, where she served for five years as superintendent of nurses. In 1892 she returned to Massachusetts to take the position of superintendent of nurses and principal of the training school at the State Infirmary, Tewkesbury, where she served until 1905, when she was appointed to the position of superintendent of the Elliot Hospital, Manchester, New Hampshire, which position she occupied until 1910, when she was stricken with blindness, followed by a general breaking down of health, and conditions from which she was a great sufferer until the end. She was closely identified with the interests of the nursing profession, had been treasurer of the Alumnæ Association of her school, and of the Massachusetts State Nurses Association, and had just returned from the convention of the American Society of Superintendents in New York when she was overtaken by her great misfortune. She is survived by two brothers. The funeral services, held at the First Baptist Church,

Danvers, on Friday, April 2, were attended by relatives, friends and representatives of the different institutions with which she was connected, and her high school associates, by whom many floral tributes were presented.

BOOK NOTICES

ANATOMY AND PHYSIOLOGY FOR NURSES Leroy Lewis, M.D.
Published by W. B. Saunders Company.

The late Dr. Leroy Lewis has left a legacy to nurses which can hardly be overestimated. Within the compass of three hundred pages he groups in systems all the parts which enter properly into what we understand by a study of gross anatomy and physiology. These systems bear the names of osteology, syndesmology, myology, angiology, neurology, splanchnology, adenology, dermatology, and genesiology. Beginning with the framework of the human body he connects it, builds upon it, locates and describes each part or system, and finally deals with the surface. This sequence of development is helpful to the mind, constituted as we are with a natural bent for orderly arrangement of acquired knowledge. Giving a reason for things is another aid to study, and there are many interesting facts thrown in in this way to assist the memory. The very definition of the meaning of the word skeleton, "a dried body," gives the idea of a suitable foundation structure to which muscles may be attached, while its hardness provides protection to the soft parts. The plates are unusually good, as are the paragraphing, schematic presentations and tabulation of subjects. The plan of having review questions at the end of the various systems falls into line with later methods of teaching, and may be used by the teacher for written tests, which, given at intervals during the course, furnish evidence as to the amount of knowledge really grasped and mastered by the pupil.

LIFE AND HEALTH. Albert F. Blaisdell, M.D. Ginn and Company.

This text-book on physiology was prepared for high schools and academies which give two terms (sometimes only one) to the subject. It is condensed, practical, and very comprehensive. To the thoughtful student no other dealing with the subject can make so strong an appeal. At the time the writer produced this book and his "Practical Physiology," Huxley stood at the head of the scientific world. One could trace the influence of that great man's work upon the author if no reference were made to it. The minute exactness of the scientist is reduced to a concise, perspicuous whole, and in a form which can be easily reviewed. Prominence is given to important outlines and definitions by printing them in italics. A complete description, like that of the portal circulation, is given in a single paragraph. A diagram occupying a very small space links it on to the important work done by the liver. The author never departs from the fact of the book being a treatise on physiology. The practical points which a nurse needs in starting out to care for the human body are given in an assimilable form—yet so exhaustively that after a brief period in the class-room she is fitted to perform her duties intelligently and to enter upon a more minute treatment of anatomy and physiology, for which preliminary study is needed.

Perhaps one of the most striking features of "Life and Health" is to be found in its title. Harmful ways of living, habits formed (especially those relating to the use of alcohol, tobacco and drugs of various kinds), and existing dangers which surround us are exhibited in a forceful manner. Though the book was designed for educational schools, it is well adapted to training schools for nurses. It gives what nurses ought to know—what they are expected to know—and no class of individuals can better spread useful principles of living than those engaged in restoring life to normal conditions.



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



SEPTEMBER, 1915

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, The Children's Hospital, Boston.

Secretary, MISS FRANCES C. LADD, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 27 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnæ Association

VOL. V

SEPTEMBER, 1915

No. 3

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, The Children's Hospital, Boston.

BUSINESS MANAGEMENT

MISS MARION B. DIBBLEE, *Business Manager*, Massachusetts General Hospital.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Marion B. Dibblee, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Matter for insertion in the Record must be in Miss Perry's hands upon the first of the month of publication. Write legibly on one side of the sheet only.

WE are fortunate in having the letters and short account of the reunion given below, the latter just before the subject-matter for our September QUARTERLY goes to press. The December number will contain a fuller description of what to Alumnae members is the one event of the year past. Miss Parsons and Miss Hall have given a picture of the Conventions representing different aspects, like both sides of a shield, which to those unable to attend the annual meetings of our National societies will prove a compensation for the losses of non-attendance. Miss Parsons' letter reveals delightful glimpses of the journey to the Western coast, the assemblage of members, and of the keen pleasure it gives to meet old friends, graduates and the confraternity at large. From Miss Hall's notes a clear idea is gained of the business transacted, the papers read, and of the spirit which pervaded the body professional.

Alumnæ members who are not members of the American Hospital Association will find a good account of the annual convention, held simultaneously with our national meetings, in the July, August and September numbers of the *Modern Hospital Magazine*.

The General Council of the St. Barnabas' Guild held its sessions also, at the same time and place, but we now have no account of them that is full enough to give a sufficient idea of the Council as a whole to those who are not members, but interested in the Guild. This we may obtain later.

The Canadian and Red Cross Headquarters.—A visit to Montreal afforded an opportunity to see something of the work of the Red Cross Society in Canada, which is conducted on a large scale, according to the need at the front. The Headquarters in Montreal is located at a house which belonged to Col. J. H. Burland, and during the war will be devoted to the purpose of preparing and sending out work to the various "groups." Long tables are provided for winding bandages, doing up packages, etc. There were several machines on the first floor; and on the second, more long tables for cutting out, and for receiving large amounts from the manufacturers. On the occasion mentioned, a thousand cotton nightshirts had just been sent, cut out, from the factory, to be distributed among the groups. These were to be made and returned to Headquarters. Packages containing about a half-dozen each of the different kinds of articles made are then given out to those who expect to forward them to the soldiers in Europe. The "comfort bag" was another interesting thing to see. It contained towels, sponge for bathing, tooth-brush and paste, handkerchiefs, matches, a pipe and a bit of tobacco, and some confections; all of which the tired and weary men at war will find full of comfort, deprived as they are of all conveniences of living. One dollar will provide a bag. Many can and wish to give that much. All the Red Cross workers present were very busy and

a great deal was being accomplished. Huge boxes of bandages were wound and ready to be dispensed. The capacity of the boxes testified to the need of the Canadian "Boys," who have given their all to the Mother Country. Enthusiasm is rife. July 11 was Recruiting Sunday. Sermons were preached at the English Cathedral, and at all the Montreal churches; and in response to the appeal for recruits in forming the 60th Battalion, the number of men desired was at once secured. Every Canadian mother, housewife, or sister is doing her share in the strenuous demands created by the war. With the gift of all her loved ones to the cause she prefers to give herself in this most helpful way.

Non-resident Teaching positions are becoming more and more considered as necessary to the efficiency of training schools for nurses, and, we hope, will become more widely established. The announcement of Miss Helen L. Redfern (Class 1907) that her courses of study will begin with September is encouraging in this direction. Her preparation at Teachers' College, and the experience she has had as superintendent of nurses will enable her to give pupils what they so much need, regular and thorough instruction in the branches mentioned in her list of subjects, viz.: chemistry, bacteriology, hygiene, anatomy and physiology, and materia medica. No matter what a superintendent's equipment as teacher may be, if she is burdened with the heavy duties which fall to the lot of those at the head of hospitals and training schools, she cannot, under circumstances like these, do justice to the pupil, the subject, or herself. The true educator must be unhampered; and if only trustees and managers of hospitals could look on the matter in this light, most beneficial changes of method might be brought about. Further information concerning Miss Redfern's courses may be had by addressing her at 122 Newbury Street, Boston.

A Pioneer in Dietetics.—Miss Fannie Farmer may surely be considered as such, and her passing from our midst makes a va-

cant place which no one can really fill, since she was so individual in originating her own methods, and indefatigable in carrying them out. Her great diligence resulted in the books she wrote, and the knowledge she disseminated among a large number of students from many schools, and women from various parts of the country. Many training schools may like to hear that the Boston School of Cookery, 48A Gloucester Street, endeavors to follow in the main Miss Farmer's arrangement of class work and tuition.

Why Private Nurses Should Organize.—Private nurses should organize for the object of promoting high standards of efficiency and ethical relations between patients and themselves and with each other. Private nurses can no more afford to stand upon their individual merits as high-class nurses than can nurses in any other lines of work. If a number of so-called "trained nurses" in the field are doing bad work, and conducting themselves in unethical ways, the whole nursing profession suffers. It is much easier for poor nurses to get into the private nursing field than as graduates to secure hospital work. There are several questions that private nurses should consider and about which they should come to some agreement. For instance, is it better to charge for laundry aside from the regular \$25 per week, or would it be better to make the charge per week sufficient for extras. Is it not justly annoying to patients when one nurse charges one dollar, another two dollars and another three dollars a week in addition to her bill for laundry? Do private nurses enjoy having patients go to the doctors and discuss with them what it is right for nurses to charge for laundry? Is it a dignified subject in connection with a professional class of women?

When nurses are entered at the Directory as asking \$25 per week for their services, and \$4 per day for any time less than a week, is it understood among nurses at large that the \$4 applies to a short case of less than a week, or is it understood that if the

nurse is on a case a week or more, she is to charge \$4 a day for each day exceeding the week that she is on the case. There is a lack of agreement among private nurses concerning these questions. Do private nurses as a class feel that they are called upon to go into the private affairs of their patients' relatives as regards morality, etc.? Do private nurses as a class feel that the nurse is called upon to give up a case because she may hear that the husband or the wife of the patient is not (according to the nurse's moral standards) what he or she should be? The humiliating thing about the present situation is that patients and their friends become confused and annoyed by the way different nurses meet these situations and they go to the visiting physicians and surgeons and discuss with them the nurses and their ethical standards. It is extremely annoying to the doctors, and as the nurses themselves have no organization, no definite code of ethics, there is really no one to settle the controversy; and who ought to be interested, but the private nurses? If they do not take up these questions, and if they do not have some recognized code and make an effort to elevate the status of the private nurse, who should do it?

The institution nurses cannot impose and do not wish to impose upon the private nurses any definite solution of their problems. The superintendents of training schools can only tell their pupils what they think is right; but it is the private nurse herself who knows the problems she is confronted with, who should strive earnestly and continuously to bring about a condition among private nurses as a class that will hold the respect of lay people and of the medical profession, and thus make the field more attractive to the finest class of women who go into nursing work.

The best matrimonial motto: "Look before you leap; then overlook."—*The Youth's Companion*.

THE REUNION

THE long anticipated reunion is now a thing of the past. It has been an unqualified success as far as we could judge. The program was as follows:

MONDAY, SEPTEMBER 13, 1915

- 3.00 P.M. New Home. Alumnæ Meeting.
- 4-5.30 P.M. Reception
- 8.00 P.M. Dinner. Hotel Brunswick.

TUESDAY, SEPTEMBER 14, 1915

- 7.10 A.M. Nurses' Dining Room. Breakfast.
- 9-10 A.M. Visit Hospital.
- 10.00 A.M. Operating in Surgical Building.
- 11.00 A.M. Lecture, New Methods in Medical Treatment.
- 12.00 M. The Thayer. Class Room Demonstration.
- 1.10 P.M. Nurses' Dining Room. Luncheon.
- 2.30 P.M. O.P.D. Amphitheatre. Lantern slides illustrating the history of the hospital. Dr. FREDERIC A. WASHBURN.

It was a great pleasure to the hospital nurses to meet the guests and it would be hard to say which part of the program was most enjoyed. There were about one hundred at the Hotel Brunswick dinner, and 147 registered during the two days.

The amphitheatres were well filled at both the surgical clinic and the medical lecture, which was given by Dr. William H. Smith. Drs. Brewster and Jones operated.

The reunion could not have been such a success if the Alumnæ Association had not taken hold of it so energetically. The résumé of Alumnæ activities was listened to with great interest and the reception in the New Home a most enjoyable affair. It is to the Alumnæ Association that we are indebted for the badges which made such good souvenirs.

We had the rare pleasure of having Miss Linda Richards, first American trained nurse, and first successful superintendent

of our school as guest. She was entertained at the Thayer, and taken about the hospital and the New Home in a wheel chair. Miss Richards is so lame that one marvels at her good spirits and active interest in everything.

Miss Anna C. Maxwell and Miss Pauline Dolliver were two other honored and beloved superintendents who were present. The nurses who graduated under Miss Brown were very much disappointed that she was not at the reunion.

In the next issue of the QUARTERLY we hope to publish Dr. Smith's paper; some of the toasts which were especially good, and give some news items concerning guests who came back after many months or years of absence from the Hospital.

INTERESTING CONVENTION NOTES FROM MISS PARSONS

MASSACHUSETTS GENERAL HOSPITAL,
BOSTON, July 6, 1915.

MY DEAR MISS PERRY:—

I want to share, so far as possible, the pleasures of my delightful trip with the readers of THE QUARTERLY, who have not been in the western part of our wonderful country. My previous trip to California prepared me for the cool weather, so I came equipped for anything from torrid heat to icy cold.

On our way out, which was by the southern route, our first excitement was of crossing flooded Kansas, with the possibility of being marooned, but our train was the last to get through, the next one being obliged to wait eight hours for the flood to subside. We saw water up to the first-story windowsills in some of the low country, and often the rails of the track were considerably under water.

It is useless to try to describe the Grand Canyon, where we made our first stop and spent an unforgettable day. Everyone should read "Time and Change" by John Burroughs, where they

will find as good a description of it as can be written, I think. The grandeur is really beyond description. The ever-varying color reminded me of St. Mark's Cathedral in Venice, which is never twice quite alike. We passed one miserable day going through the Arizona desert. If it had not been for the insufferable heat and stifling dust there might have seemed something interesting in the limitless stretches of brown sand with its yucca and mesquite growth. Indeed, when one sees the yucca nearer there is real beauty in it—as it was, I felt that I just escaped heat prostration, and was more than glad to stop at Riverside.

Here we were met by automobiles, which took us for a beautiful ride before leaving us at Mission Inn for dinner. We had oranges picked from the trees, and one of the party was favored with a magnolia blossom. After dinner an organ recital entertained us before returning to our train.

Next morning we woke up in Los Angeles, where we had a perfect day sailing out to the Catalina Islands, where we looked at fish through glass-bottomed boats and paid more for abalone pearl souvenirs than we had to pay anywhere else in California.

Here I met for a few moments an old graduate, Mrs. Driscoll (Addie F. McGiveney, 1883) who has recently lost her husband. It was pleasant to find that she remembered the M.G.H. happily, and was glad to see even strange faces coming from there.

The next morning we found ourselves in San Diego, where we were met by some energetic, cordial nurses, who had planned a lovely day for us. Miss Lydia Johnson, Miss Mary Torrens and Mrs. Ellis H. Thompson were particularly active in looking after our comfort. Several private automobiles were at our disposal, and the party I was with were taken to Point Loma in the forenoon and showed Oldtown, where we revelled in Ranona's Marriage House, which was most attractive. In the afternoon we visited the exposition, which is a "perfect gem" of an exposition.

The Woman's Club gave us tea at their headquarters, and it was there that I had the pleasure of meeting Mrs. D. F. Davison

Hannah E. Pray, 1882). Mrs. Davison is librarian at the public library, and is widely known and loved as a broad-minded, public-spirited, charming woman. Having heard about her in Los Angeles, I was much pleased to meet her at the tea.

In the evening a moonlight sail on the bay was given. Refreshments were served on the boat by these same energetic, warm-hearted hostesses, and music by Hawaiian singers from the exposition added to the fascination of the sail.

Miss Thirza R. Wright (1894), formerly of Cleveland, Ohio, joined this party, and it was indeed delightful to have a long evening in which to talk over old times, and to hear of some of the events which have happened during these intervening years. Miss Wright's enthusiasm for San Diego, with what we saw ourselves, was infectious, and it was difficult to turn away and feel that we might never see the city again.

Next day in Los Angeles we were invited by the local nurses to see the Mission Play, about which so much is said, but a previous engagement with friends of Miss Hall's prevented our accepting the invitation. These friends gave us a very beautiful day. The forenoon we spent motoring around the Santa Monica Mountain. After lunch at their bungalow we started off again and were taken to Pasadena, where we visited the famous Busch Gardens.

Before starting on this trip, Mrs. Dale (Helen Chamberlain, 1882) called at the hotel to inquire for her daughter Martha, who is now in training, and to take me out to the normal school where her other daughter is studying. It was a short but pleasant visit.

We left the city of Los Angeles to go through the Yosemite Valley, and we were blessed with perfect weather for the trip, which included a visit to the giant mariposa trees. Again powers of description fail, and an attempt to give an idea of the beauty and grandeur and the awe-inspiring effect of the big trees would be futile.

A surprise awaited us here. Mrs. Crane, one of my seniors, found us while we were lunching at the Lost Arrow Camp, and

having "hiked" the trails of that region thoroughly, she made a fine guide to the Happy Isles and the Yosemite Falls, while we were waiting for the automobiles to take us further.

We arrived in San Francisco Sunday morning, tired, dirty, but enthusiastic. Our headquarters, the Clift Hotel, proved convenient and most comfortable. Not getting our trunks until late in the evening made it impossible for us to attend the evening service by Dr. Aked in the Congregational Church, where our convention was held.

The five days following were busy ones. One session after another, with committee meetings sandwiched in between, left one little time to digest as we went along. The tone of all the meetings was on a high level, and, as last year, there was a close inter-relation between the interests of the National League of Nursing Education, the Public Health Organization, and the American Nurses' Association.

Miss Mary M. Riddle contributed two very strong and interesting papers.

Perhaps I ought to say that our convention was the best part of the trip, but I cannot truthfully do so. It was interesting and inspiring, and I enjoyed meeting the nurses immensely, but the greatest pleasure has been meeting so many of our graduates, whom I never saw before or hadn't seen for a long time. There were fifteen at least in San Francisco, and twelve of that number met one day for luncheon. There were Misses Palmer, M. C. Parker, Josephine Drew, C. M. Hall, Mary Walsh, Hazel Wedgewood, Minnie J. MacGregor, Mrs. Glidden, Mrs. Pierson (Grace Fowle), Mary E. Cole, and Ella A. Wilkinson (1901) besides myself. Dear Miss Davis was very ill at the Children's Hospital, and Miss Cleland was under the weather, so they were not with us.

Miss Wedgewood (1910) was the picture of health, and is very happy in her work as head of the Tuberculosis Division under the City Health Department in Los Angeles. Miss Mary Walsh (1905), who is instructor at the Lane Hospital, was present at most of the meetings, and to her I was indebted for one

of the most delightful afternoons on the coast. She invited several to have luncheon at her home in Mill Valley, which reminds one of a Swiss Chalet, as it clings to the mountain-side among a riot of vines, flowers and beautiful trees. Our luncheon was served on the porch, after which we were taken in automobiles through the lovely Muir Woods.

Miss Annie C. Phillips' (1907) sister has a most attractive tea house called Earnscliffe, in Mill Valley, where a French chef serves dinners or luncheons or just afternoon tea, and as a crowning pleasure Miss Walsh took us there for dinner, where again we ate out-of-doors among the flowers and birds. We did not meet our Miss Phillips, who is in New York doing investigating work for the N. Y. State Factory Commission, but we did enjoy meeting her sister, the hostess, and another sister, who is a graduate of the Presbyterian Hospital of New York, and last but not least, her charming mother. Miss Walsh is very enthusiastic about her work, and is to be congratulated on her connection with the Lane Hospital, and on her good fortune in having such a lovely home and family circle to go to when she is off duty.

One evening was very pleasantly spent at dinner with Dr. and Mrs. Pierson. They enjoy San Francisco, and Dr. Pierson is fortunate in having an opportunity to work with Dr. Philip King Brown, who is called the "Richard Cabot" of the Pacific coast.

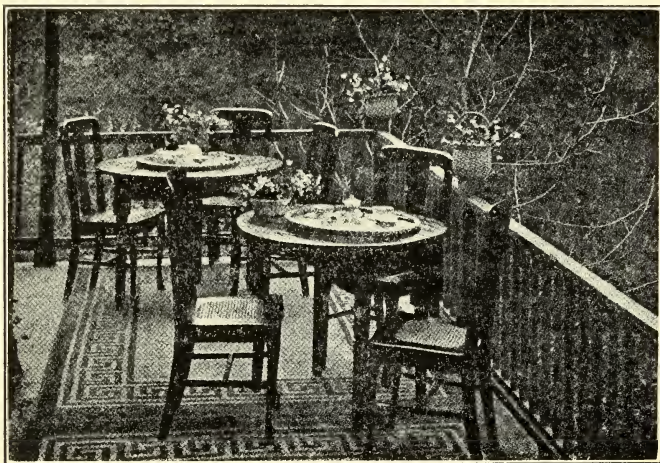
While in San Francisco, I was present at a dinner at the Y. W. C. A. headquarters on the Fair Grounds, where Dr. Richard Cabot was guest of honor, and Mrs. W. P. Lucas was hostess. There was a good representation of doctors, nurses and social workers. Mrs. Cabot, Dr. and Mrs. Brown were among the guests.- The keynote of Dr. Cabot's address after the dinner was that in the remarkable work done by the Y. W. C. A. and the Y. M. C. A., religion must not be subordinated to the means used to promote the work

It was hard to leave beautiful California, with its many interests and hospitable people. The way the city has recovered

from the fire is indeed wonderful, yet one notices the vacant lots and realizes that it will be many years yet before all the city will be rebuilt.

While I could not ask space to tell of all our pleasures in California, I must say how nice it was to see Mrs. Crane, a faithful attendant at our meetings, and before we left the city we were entertained at dinner by her mother in their Alameda home. The dinner and the automobile ride afterwards were perfect.

An unexpected development in our trip was the decision of Miss Hall and myself, on very short notice, to go to Alaska by boat. This we did, starting from Seattle, July 3, on the Steamship Jefferson. We took the inside passage and went as far as Sitka. For eleven days we feasted our eyes on wonderful scenery, not to be surpassed, if equalled, by Norway, Switzerland or the Canadian Rockies. Range after range of snow-covered mountains, glaciers and icebergs will be grateful remembrances when back again in August heat. The villages were interesting and picturesque. We got a pretty good idea of the industries



Earnscliffe Tea House, Cascade Drive Valley

and customs of this rich, big possession. Totem poles and Indian baskets were seen in their native setting. We returned through the Canadian Rockies, with a week at Lake House, the most spectacularly beautiful spot I ever saw, and spent some interesting days at Oconomowoc, where I enjoyed the Middle West hospitality. Thus ended a vacation so full of pleasure and beauty that it will take many months to assimilate it.

Yours faithfully,

SARA E. PARSONS.

THE NATIONAL CONVENTIONS AT SAN FRANCISCO

BY MISS C. M. HALL

Superintendent of Nurses, The Peter Bent Brigham Hospital

TO go to convention, to find oneself one of many who have gathered from all parts of our country, to greet old friends, to make new ones, to exchange ideas, and discuss problems, to listen to papers prepared by women who are doing earnest work in the many nursing fields, all this is indeed an inspiration.

The meetings in San Francisco in June were full of interest. It seemed to be the concensus of opinion that the programs were not as heavy as in St. Louis last year, yet this year's programs were full of interest and brought forth animated discussions, so far as time would permit.

The joint sessions of the three conventions—the American Nurses' Association, the National League of Nursing Education, and the National Organization for Public Health Nursing—were largely attended and full of inspiration.

The address of welcome was made by Mrs. Frederick G. Sanborn, President Woman's Board Panama-Pacific International Exposition, and brought the nurses from the opening meeting into close touch with the activities, both political and social, of the women of California. The responses by the presidents of our various organizations were dignified and enthusiastic, giving a comprehensive idea of the breadth and aims of Nursing.

Some of the speakers for the public meetings failed at the last moment, and a rearrangement of the program became necessary.

The meeting at Festival Hall in the Exposition Grounds was near to ending in tears and sorrow. Edwin R. Snyer, Ph.D., was on the program to speak on the subject, "The Vocational Trend in Education," and much of help and inspiration had been expected of him. He, however, wandered from the subject, telling of personal experience with poorly trained nurses, comparable with complaints with which most nurses are familiar. The fate of the evening was saved by Dr. Augustus Downing of New York, who chanced to be in the audience, and who went to the platform and gave a stirring talk, setting forth what had already been accomplished toward the better education of the nurse and what might still be attained.

The meeting at the Greek Theatre at the University of California was unique in its setting. The structure is on classic lines, situated in a grove of trees. The lights and shadows, the stirring of the wind in the trees and the singing of the birds made the situation one of rare delight. The principal addresses of the afternoon were by Miss Sophia Palmer, editor of the *American Journal of Nursing*, upon "Power of the Professional Press," and by Dr. Henry B. Favill of Chicago, upon "What the Medical Profession Can Contribute to Nursing Education."

Two papers presented by Miss Mary M. Riddle of the Newton Hospital, will stand out in the minds of many who heard them as masterpieces in nursing literature, one upon "The Origin, Growth and Future Development of Hourly Nursing," read at a joint session; the other, "The Social Life of Student Nurses," read at a session of the League.

"What Constitutes Good Teaching" was the topic of a masterly address by Anna M. Nicholson, Ph.D., Department of Education, Sacramento, Cal. This address will be reprinted and widely distributed by the League, for it deserves a larger audience than was accorded it on the morning of its delivery.

Under the auspices of the Public Health group, Dr. Adelaide Brown of California gave a splendid address upon "The Opportunity and Responsibility of Public Health Nurses in Relation to Social Hygiene," in which she entered a protest against the exclusion of women from Harvard University, and the Institute of Technology.

A paper on "Indian Nurses and Nursing Indians" was presented by Estaiene M. DePeltquestange, herself an Indian, which was full of interest and food for thought. This also will be reprinted.

At this convention, the private duty nurse certainly came into her own. One entire session was given to the consideration of the problems of this large field of nursing, and a number of most excellent papers were presented.

Red Cross Nursing, Central Registries, the California Eight-hour Law, and many other topics were well presented and freely discussed.

The hospitality of the California nurses was constant and delightful. The social hour daily from four to five, when tea was served, gave opportunities for social intercourse and the more informal discussion of subjects of interest.

A garden is a lovesome thing, God wot!
 Rose plot,
 Fern'd grot—
The veriest school
Of peace; and yet the fool
 Contends that God is not—
Not God! in gardens! when the eve is cool!
 Nay, but I have a sign;
'Tis very sure God walks in mine.

—*Thomas Edward Brown.*

AMERICAN AMBULANCE,
NEUILLY, FRANCE.

DEAR MISS PARSONS:—

So many times during the last few weeks have I thought of writing to you, but was unable to accomplish it. It is almost impossible to find a quiet corner in this place. Four of us room together, so you can imagine how it is; and just a curtain between our room and the next, which also contains four others. There is a wall between us, but a curtain instead of a door.

Then every night the lights are turned out about 9.30, and we have a candle only afterward. This is an immense building, and when lighted at night is said to be a regular landmark for aeroplanes, zeppelins, etc., so the police watch our windows very closely, and report us if our lights show through. Every window has a dark blue shade, which must be drawn carefully after dark. It is very hard for the night nurses, having only candles, especially as some of the patients are extremely ill, and liable to have hemorrhages, owing to the dreadfully septic wounds we have here.

One nurse is in charge of three, four or five small wards at night, ten beds in each. Each ward has a nurse in charge days, with an auxiliary to help. The auxiliaries are the volunteer workers, who are not trained, but help in the wards, supply rooms or anywhere needed. Most of them are residents of Paris, although some come from the United States, England, and other parts of France.

There are nurses here from all parts of the world: Australia, Egypt, Russia, Switzerland, Greece, Sweden, England, Canada, United States, etc. You would be very much interested in the different schools represented. Quite a number come from the Roosevelt and Presbyterian, New York, and there are now seven M.G.H. graduates here. Miss Cotter and Miss Davis wear the school uniform, and it is so nice to see it here.

I do wish you could come into the dining room at noon and see the different people, uniforms, costumes, etc. There are two big rooms, one for first and one for second meals; ten long tables in each, and doctors, auxiliaries, nurses, ambulance drivers, chauffeurs, orderlies and administrative people, all have their meals here. It is a great sight. The bread is served in two big baskets for each table, and we drink out of big bowls. The food is very good and well cooked. In fact, the building has made a most wonderful hospital. You probably know it was unfinished when the war broke out; it is really a school for boys. There is excellent air and lots of sunshine, and the patients receive such good care.

There are four different services, the Harvard Unit being in charge of the third floor, about 180 beds. Our operating room and laboratory are on the fourth, the top floor, both being very large with splendid light. It is so nice having these rooms all to ourselves. We have been fairly busy all the time, with the exception of the first two weeks, some days being quite rushed. The wards are very busy just now, many big dressings. We receive the newly-arrived wounded (*Les Blessés*, they call them) every fourth day, from 9 A.M. one day to 9 A.M. the next, so the day following is apt to be a busy one in the operating room. One day last week we admitted thirty-three new patients, and performed sixteen operations. The wounds were dreadful. We never see anything like them in ordinary hospital work. There are many bad compound fractures, and the face and head injuries are the worst of all, and, of course, the very worst never reach Paris. The men are such good patients, so cheerful in spite of it all, and most appreciative of everything done for them.

The dentistry work done in this institution is marvelous, the results very wonderful. Two of the best dentists of Paris, I believe, offered their services at the beginning, and have been coming every second day ever since. They do so much repair work, and prevent some awful disfigurements, as many of the men have the lower jaw blown almost entirely off. We have not had

any tetanus since we came, but early in the war there was a lot of it, a good many cases here. Of course, now the serum is used at the front. Many of the wounds are gas bacilli infections, but not many serious ones.

Nearly all the soldiers are French. One Canadian boy and two English were brought in about a month ago, and all the Canadian and American nurses visited them. They were not badly wounded, however, and did not remain long.

We saw a very pretty ceremony a few days ago in one of the big wards, forty-five beds. The "Medaille Militaire" was conferred on two of the blessés for bravery at the front. The flags of the Allies, one big French one in the centre and a small one at the side, also the Stars and Stripes, all hung together in the centre of the wall, the two soldiers standing beneath. One poor man had lost a leg, but the other is almost well again, and longing to get back to the fighting lines. He had, the well one, faced German fire while going back and forth for food for his regiment, and had also held a telephone post under great danger, a very young, bright-looking chap. The other man had his dog beside him during the performance. This dog is well known over here, having saved his master's life, when lying wounded in the trench, covered with debris, clay, etc., and unable to move, the dog scratched away the dirt, and then ran for help. The hospital postals have this dog in many of them. He was given a medal by one of the ladies here.

The officer who conferred the medals first patted the dog, then addressed each man in turn, touching him on each shoulder with his sword, then pinned on the medal and kissed them on both cheeks. The men were so excited they turned and kissed each other, also on both cheeks. There was a big audience, and everybody clapped, then went up to see the medals and offer congratulations. I was so glad to see this ceremony, and was fortunate in having a good view of it.

Several weeks ago I went all over the valley of the Marne, where the fighting of that first week in September took place. We took the train to Meaux, then hired an auto and rode through

the small towns almost completely destroyed by German shells. We saw several churches a mass of ruins, and one big farm, a large group of buildings, evidently a very prosperous one, almost a complete wreck. Such desolate, forsaken-looking places!

The women and children gathered about our machine, telling about the Germans and selling a few buttons, belts, etc., that had belonged to German soldiers. We saw hundreds of graves all along the roadside, and across the fields, marked by plain wooden crosses, some single ones and many large mounds where numbers were buried. Some were covered with wreaths, flags and flowers, others absolutely bare. We passed by a heap of ashes, which the driver said was the remains of one thousand Germans. I do remember about reading the story of the Germans burning the bodies of their soldiers at that time, so the story may be true. We saw lots of trenches, the wire entanglements you read about, also a stone cemetery wall in which the French had bored holes and took refuge behind, when the Germans came along so fast, using the holes to shoot through. The people in these towns had fled, leaving their belongings behind, doors open (just ran as they were). A good many took refuge in Fontainebleau, returning a few days later.

The country all about is so beautiful and so fertile. No wonder the French are fighting to the last man. They have a country to be proud of. What a blessing the Germans did not reach Paris that time. It is such a beautiful city!

We see aeroplanes going by every day. Two of our doctors went up in one yesterday, flew all over the city, and evidently had a wonderful ride. At night these aeroplanes look exactly like flying stars. About a fortnight ago, we all got very much excited, as our lights went out early, also all the street lamps, and aeroplanes began to go overhead, one after another. Of course, we all expected a Zeppelin raid, but none came. We heard next day that one had crossed the border, but got no further than Compiègne.

One day last week a German aeroplane flew over Paris, dropping several bombs, but nobody was killed. We certainly are

living in stirring times and never know what is coming next. But we are all enjoying the work immensely, and would not have missed this opportunity for anything.

Yours very sincerely,

EDITH I. COX.

THE ARSENAL AT SPRINGFIELD

This is the Arsenal. From floor to ceiling,
Like a huge organ, rise the burnished arms;
But from their silent pipes no anthem pealing
Startles the villages with strange alarms.

Ah! what a sound will rise, how wild and dreary,
When the death angel touches those swift keys!
What loud lament and dismal Miserere
Will mingle with their awful symphonies!

I hear even now the infinite fierce chorus,
The cries of agony, the endless groan,
Which, through the ages that have gone before us,
In long reverberations reach our own.

On helm and harness rings the Saxon hammer,
Through Cimbric forest roars the Norseman's song,
And loud, amid the universal clamor,
O'er distant deserts sounds the Tartar gong.

I hear the Florentine, who from his palace
Wheels out his battle-bell with dreadful din,
And Aztec priests upon their teocallis
Beat the wild war-drum made of serpent's skin;

The tumult of each sacked and burning village;
The shout that every prayer for mercy drowns;
The soldiers' revels in the midst of pillage;
The wail of famine in beleaguered towns;

The bursting shell, the gateway wrenched asunder,
The rattling musketry, the clashing blade;
And ever and anon, in tones of thunder,
The diapason of the cannonade.

Is it, O man, with such discordant noises,
With such accursed instruments as these,
Thou drownest Nature's sweet and kindly voices,
And jarrest the celestial harmonies?

Were half the power, that fills the world with terror,
Were half the wealth, bestowed on camps and courts,
Given to redeem the human mind from error,
There were no need of arsenals nor forts:

The warrior's name would be a name abhorred!
And every nation, that should lift again
Its hand against a brother, on its forehead
Would wear forevermore the curse of Cain!

Down the dark future, through long generations,
The echoing sounds grow fainter and then cease;
And like a bell, with solemn, sweet vibrations,
I hear once more the voice of Christ say, "Peace."

Peace! and no longer from its brazen portals
The blast of War's great organ shakes the skies!
But beautiful as songs of the immortals
The holy melodies of love arise.

—*Henry Wadsworth Longfellow.*

NEWS ITEMS

Miss Hannah J. Brierly (1887) called at the Training School recently and mentioned the project of raising an endowment fund as one of much importance to the graduates who still feel

an interest in their Alma Mater and in the splendid work which the Hospital is doing for the country in medical and educational ways. It is at her suggestion that we announce that the trustees will have charge of the fund, so that all who contribute to it need not fear that it will ever be mismanaged or misappropriated.

Miss Pauline L. Dolliver is substituting as registrar at our Central Directory during Miss Turner's vacation. There will be many who will take the occasion to catch a glimpse of her; she has so long been absent from Massachusetts.

We are happy to hear of the recovery of Miss A. C. Tippet from her recent illness. She has now returned to her home at 435 Ossington Avenue, Toronto, but expects to go away for a rest and to recuperate more fully during September. We extend to Miss Tippet our deepest sympathy for the loss of one of her nephews in the war.

Through an error in our last QUARTERLY, we stated that Miss Ethel Tucker had been appointed assistant to Miss Jessie Brown of the Pennsylvania Hospital for the Insane at Philadelphia. It should have read Miss Elizabeth Tucker.

Also Miss A. M. Carr was not credited for her exceedingly fine and helpful article on Public Health Nursing, in which she refers to the progress made in Massachusetts, and to the courses to be found at Simmons College, at the School for Social Workers, and at the District Nursing Association. This preparation for a work which belongs specially to women should be looked upon as a great opportunity. As shown by Miss Carr, these courses cover social legislation and hygiene.

News of the death of Miss Mary A. MacNeil, who graduated from McLean Hospital in 1902, and from the Massachusetts General in 1905, came too late for the June issue. It occurred April 2, and was caused by pneumonia, the illness having been of only a week's duration. Our sincere sympathies are extended

to the bereaved relatives and friends, especially to her sister, Miss Sadie G. MacNeil, Class of 1913.

Mrs. W. K. Claire (1896) has been at the Hospital recently, ill with bronchitis, but is on the road to recovery.

The friends and classmates of Mrs. Francis C. Adlard (Kate Millet, 1904) will be glad to hear that she was well and happy when heard from recently, and that she is the proud and busy mother of four children.

Miss Mary O. Clark (1902) went to California with the Women's City Club tour, and enjoyed the trip immensely. On her return, she stopped at Colorado Springs and saw Miss Garnet Pelton (1903), whom she reports as being in better health, and very glad to see eastern friends.

Mrs. W. J. Dodd (Margaret Lea, 1902) went to Paris with Dr. Dodd who accompanied the Harvard Unit, called into the field by Dr. Osler.

Mrs. Helen S. Chapman (1902) has been substituting as Assistant Night Superintendent during the summer.

Mrs. Chapman and Miss Edna Harrison (1910) are the accepted students for the winter class in Hospital Administration.

Elizabeth Hatlow (1901) and Helen A. Jewell (1900) have visited the Exposition in San Francisco.

Miss Grace McLeay (1896) is spending the summer in Manchester-by-the-Sea.

Miss Elizabeth M. Jamieson (1904), formerly with Miss Samuels at Lakeside Hospital, Cleveland, Ohio, has returned to the M.G.H. as Miss Parsons' first Assistant.

Miss Annie L. Loughery (1914) is home looking much benefited by her trip abroad as volunteer to the French Red Cross Nursing Corps. She is to assist Miss Davis in the Bryn Mawr College Infirmary during the coming year.

Miss Ruth Railey (1914) is at Denison House having accepted the position recently held by Miss Lovejoy. She is enthusiastic about her work.

Miss Mildred H. Cartland (1914) is to be with Miss Peden at the Brooks Hospital when it opens, and Miss Annie M. Robertson (1910) is to be Miss Peden's Assistant.

Miss Louise S. Zutter (1913) has been substituting in the Training School office during the summer

Miss Mabel L. Wheeler (1913) is anaesthetizer at the Pawtucket Memorial Hospital, Pawtucket, R. I., and Miss Nellie Selby (1915) is instructor of practical nursing.

The following graduates have visited the hospital when passing through Boston during the summer: Helen T. Nivison (1913), Harriet Phalen (1912), Nellie G. Sharp (1912), Sara J. Conden (1913), Sara Brook (1913), Ethel Doherty (1909), Glee Marshall (1914), Harriet L. P. Friend (1904), Ellen Harvey (1913), Susan L. Mills (1913), Emmeline Mills (1913) and Anna C. Phillips (1907).

Lydia E. C. Johnson (1891) is in San Diego, Cal.

Miss Marion B. Dibblee (1898) has resigned her position as House Social Worker in the hospital, and is now enjoying a vacation in the mountains.

Miss R. Helen Cleland (1892) finished the administration course in the spring, and during the summer attended the nurses'

conventions and the expositions in California. On the way home she visited the Yellowstone Park and ended up her long and delightful vacation **by a few weeks in Maine**. She is now preparing to assume her duties as superintendent of a new one hundred-bed hospital in Decatur, Ill., the first of October.

Miss Ethel E. Goss (1914) who has been head nurse of Ward A, is going as Miss Cleland's Assistant.

Miss Carrie Banta (1915) has been ill this summer at the hospital. She made a good recovery and is convalescing at her home in Union, N. Y.

Miss Angeline B. Bagley (1914) assisted Dr. Fritz Talbot six months in his research work, after which she accepted the position of head nurse of the children's ward in the Eye and Ear Infirmary. Miss Bagley having had one year of experience at the Infirmary, and an unusual amount of experience with sick children is particularly well-fitted for her present position.

The following graduates of the 1915 class have accepted positions in the hospital:—

Alida Winklemann, head nurse of Ward H.

Olive B. E. Leussler, Surgical Assistant to Miss Ladd in the Surgical building.

Alida Meyer (1915) is doing antituberculosis work in Everett.

MARRIAGES

On June 15, Calgary, Alberta, Esther Roy, Class 1908, to Walter Putnam. Mr. and Mrs. Putnam will reside in Victoria, British Columbia.

On June 9, at St. Charles Church, Waltham, Mass., Rachel Gertrude Galen, Class 1912, to Timothy Henry Snell. After

September 1, Mr. and Mrs. Snell will be at their home, 40 Sterling Road, Waltham.

Announcement is made of the marriage of Mr. M. Eben Hill to Miss T. Belle Gallery, Class 1912, on the 22d day of August, Boston, Mass.

BOOK NOTICES

A LITTLE SWISS SOJOURN. W. D. Howells.

We have all been so used to looking at Switzerland through French spectacles that we cannot fancy her under German rule, as was feared from the report that she would join the Teutonic allies. This report has been emphatically denied by Switzerland, so that when warfare is over, and as we hope forever done away with, we may expect to find from our viewpoint a setting similar to that so charmingly outlined by Howells in this little sketch. True, this was written in the last decade of the last century. Fifteen or twenty years have elapsed, during which time this most perfect example of a republic must have advanced along the road of peace and freedom—must have come more and more into the realization of the blessings of a free government. These little vignettes afford glimpses into the past which enable us to trace the effect of tradition and custom in the lives of the people. The women are much engaged in carrying on a large share of the Swiss government. In this respect they resemble the Dutch women, who are excellent housekeepers and can accomplish more than the men in framing sanitary laws. In Switzerland, however, the musty fragrance (sometimes odor) of the past is allowed more frequently to settle down without being dispersed by the fresh breezes of reform. The author depicts things just as they were at the time of writing. Some of the homelier avocations of life are given in an amusing sort of way, such as the activities of washing day; the manner in which women help the men to make hay in the marshes; the yearly occurrence of reaping the grapes and the vintage season, which

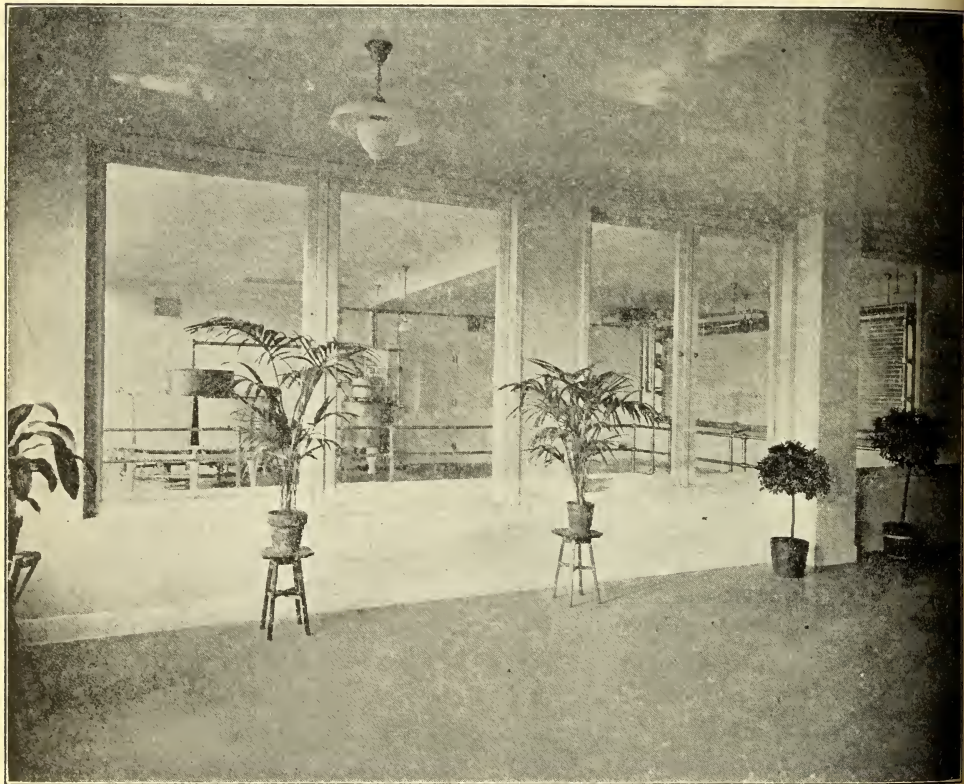
is quite an event with the Swiss, public notice of the same being posted in the Commune. And the harvesting must begin on that date rain or shine. Descriptions of scenery; historic associations in architecture; the religious aspirations and worship of the country are all pressed into this handy volume, making pleasant reading for those who travel, and also for those whose opportunities do not permit them to see for themselves the treasures which other countries have to offer.

HYGIENE AND SANITATION FOR NURSES. George M. Price, M.D.
Lea & Febiger, Publishers, Philadelphia and New York.

This treatment of the subject belongs to the Nurse's' Text-book Series, and is carried by Whitcomb & Barrows. The author shows his confidence in woman's influence in this sphere when he says the nurse has become a priestess of prophylaxis. Within the last decade a proof that this is so is found in the number of avenues which have opened to women in the way of preventive work. Those mentioned in the preface are classed under public health associations, dispensaries, milk stations, schools and factories. Even insurance companies recognize the value of the nurse in these connections. The book aims at being fundamental and practical above all things. There is an introduction on the study of hygiene. Chapters which follow deal with housing, heat, light, air, plumbing, waste and disinfection, food, the dairy, milk (inspection and testing are included here), institutions, cities, and finally with personal hygiene. As a text-book, though the presentation of this most important branch is simple and thorough, it is a little too solid for the first year pupil instruction; but will prove admirable for the third year, when the undergraduate nurse is looking forward to the completion of her course in the hospital, and to the particular form of activity which she will adopt.

HOOD'S

THE LAST WORD IN DAIRY CONSTRUCTION AND SANITATION



THE MOST SANITARY MILK PLANT IN NEW ENGLAND

THIS VIEW SHOWS HOOD'S SYSTEM OF PERFECT PASTEURIZATION. The construction is of white tiled walls and ceiling, and cement floors. No angles in the room, everything rounded to facilitate cleaning. Flooded with sunlight. Whole process viewed through glass windows hung in steel frames.

Milk flows into heater in center at a temperature of 45 degrees F., and is instantly heated to 145° F. This temperature is controlled automatically by electric thermostat. Flows to holding device at left into eight porcelain compartments. Temperature is recorded as milk leaves these compartments after being held for thirty minutes at 145° F. Milk flows onto cooler at right. Cold water through top sections and brine through lower. Milk is cooled in 10 seconds to 38° F. Flows by gravity into filling machines. All piping in short sections and is cleaned by boiling water, strong alkali, and sterilized with steam.

H. P. HOOD & SONS
DAIRY EXPERTS



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



DECEMBER, 1915

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, The Children's Hospital, Boston.

Secretary, MISS EDNA H. HARRISON, 55 Wheatland St., Winter Hill, Mass.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 27 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.



LINDA RICHARDS

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnæ Association

VOL. V

DECEMBER, 1915

No. 4

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, 1036 Walnut St., Newton Highlands, Mass.

BUSINESS MANAGEMENT

MISS MARION B. DIBBLEE, *Business Manager*, Massachusetts General Hospital.

MISS EDNA H. HARRISON, *Assistant Business Manager*, 55 Wheatland St., Winter Hill, Mass.

MISS SALLY JOHNSON, *Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Marion B. Dibblee, Massachusetts General Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Matter for insertion in the RECORD must be in Miss Perry's hands upon the first of the month of publication. Write legibly on one side of the sheet only.

PRESS OF CAUSTIC-CLAFLIN CO., CAMBRIDGE

WE cannot be too appreciative of Miss Goodrich's address before the State Nurses' Association, as we realize more and more its bearing on our prospects of securing state legislation for a training school inspector. The points she emphasized were well selected, viz., the value of the secondary schools in a nurse's preparatory education; the statement that no institution should be allowed to exist which is not open to investigation, either state or municipal; the kind of person chosen for inspector—that she should be of the same profession, fully prepared, conversant with educational schools of all kinds; instructed as to her special duties, alive to her opportunities, and possessing tact withal; acquainted with hospital construction, equipment and administration; able to say *why* there should be a faculty, and what the size of it should be, what the admission requirements (the State Board of Education to determine equivalents). These are questions which should receive our earnest study.

The twenty-first annual meeting of the Alumnae was held on the 26th of October in the classroom of the new Home, the president, Miss Hall, in the chair. A goodly number were present, and all were very glad to see Miss M. E. P. Davis again at our meetings. The treasurer reported that we have four life members. It was voted to place the money received for life membership in a savings bank, and that only the interest could be used without a two-thirds vote of the members present at the meeting when the question came up for consideration. We were saddened to learn of the chronic illness and suffering of Miss Lucia L. Belles (1903). It was voted to send fifty dollars to Miss Belles. The thing she most needs is to be admitted to a home for chronic invalids. Our delegates to the convention in San Francisco reported that they had pledged twenty-five dollars to each of the following funds: The Isabel McIsaac Memorial Fund and The Isabel Hampton Robb Memorial Fund. It was voted to pay the amount pledged. The resignation of Miss Charlotte M. Perry, who has been the efficient editor of our *QUARTERLY* since the fall of 1913, when she succeeded Miss Alice O. Tippet, was received with much regret. The executive committee was asked to appoint Miss Perry's successor.

The Alumnae held its November meeting in the new Home, and was well attended, a number being present who seldom get to our meetings. The treasurer's report showed a balance of \$787.85. Miss Edna H. Harrison, having returned from the Red Cross service in Europe, has again taken up the duties of secretary. During her absence the office was very acceptably filled by Miss Frances C. Ladd. The chairman of our refreshment committee, Miss Agnes J. Trull, resigned at the October meeting. Miss Ladd has kindly consented to accept this office. The "cup of tea" served at our meetings adds much to our enjoyment, and we are very grateful to the ones who look after this part of the program. Miss Hall gave a very interesting account of the convention in San Francisco. She spoke especially of the great pleasure of meeting old friends, and of the luncheon which the M.G.H. graduates had together.

The graduating exercises of the Class of 1916 will take place in the Out-Patient Department January 13, at 8.30 P.M. Dr. George C. Shattuck is to make the address. The subject presented will be "Serbia—Hospital and Nursing Conditions." All graduates are invited to attend.

Coöperation.—If our nine hundred or more graduates all belonged to our Alumnæ Association, what a splendid work we could do! It would mean an income of \$1800 a year. The support of our QUARTERLY would be an easy matter—in fact, we could afford to increase the reading matter and the number of illustrations. It would induce advertising. We could give, perhaps every year, a Teachers' College scholarship to some member of the Alumnæ who would profit by it and thereby become fitted for larger responsibilities; or perhaps a loan fund for the use of students in training could be maintained. All this is the material advantage of a large membership. The spiritual advantage of so large a group all banded together in sympathetic accord cannot be easily estimated. But it is safe to say that such an organization would be a bulwark to the hospital and an inspiration to the officers of the school.

A Good Suggestion.—A meeting at luncheon of the M.G.H. graduates has become a feature at annual conventions of the national nursing organizations. Why should not our graduates who are living in other states enjoy such a reunion at their state meetings? There is scarcely a state in the Union where at least a small number of persons could not assemble and such an arrangement might serve as an extra inducement to attend state conventions, stimulate a renewed interest in our Alma Mater, and draw our members together in closer sympathy.

A Publicity Campaign.—It is a source of gratification that at last we hear of a campaign concerning the proposed legislation for an inspector about to be carried to all parts of the state. Several women's clubs belonging to the Federation have asked for speakers on the status of nursing in Massachusetts.

THE TENTH ANNIVERSARY OF THE SOCIAL SERVICE DEPARTMENT

THE Social Service Department celebrated its tenth anniversary by two days' exercises, November 30 and December 1. Guests came from Indianapolis, New York, Philadelphia, Baltimore and St. Louis.

Dr. Richard C. Cabot took the visitors around the clinics Monday morning, and in the afternoon there was a very interesting program in the Amphitheatre. Miss Cannon spoke, but the principal address was given by Mr. Valentine from New York, an organization expert, and his theme was the organization of a hospital. He feels that there should be a committee having on it representatives of every group of workers in the hospital.

Miss Stimson, who occupies the unique position at the Barnes Hospital, St. Louis, of superintendent of the training school and of the Social Service Department, spoke of the organization of the hospitals in St. Louis, which are connected with Washington University. Miss Stimson being both a trained nurse and trained social worker is admirably fitted to make a success of her work in directing and coördinating these two important departments.

In the evening the workers gave an entertainment. There was a very clever skit by Miss Crothers on the Out-Patient Department, and a more elaborate play by Miss Wright. Both of them were very much enjoyed by the large audience present. The third floor of the Out-Patient Department was beautifully decorated with garlands.

Tuesday afternoon Mr. Homer Folks of New York and Mrs. Lothrop of Boston addressed a large audience, and all who attended the sessions must have felt very proud that Boston has such a progressive and beneficent organization in connection with its oldest hospital. Dr. Richard C. Cabot presided at all the meetings, and proved, as usual, inspiring and stimulating in his remarks.

ETHER DAY

October 16 is House Officers' Day, and this year Dr. William Keen of Philadelphia gave a most interesting address. The audience was not what the speaker deserved, for some reason, but all those who went were more than repaid.

STATE CONVENTIONS

THE Massachusetts State League of Nursing Education met at the Central Directory, November 13, at 11 A.M. A general survey of the schools in Massachusetts was reported by Mrs. Flash of the Homeopathic Hospital. Training school problems were discussed by Miss Doherty from Holyoke, Mrs. Cleland from Northampton, and Miss Leach of Salem. Miss Goodrich, assistant professor of the Nursing and Health Department, Teachers College, Columbia University, New York City, spoke of the San Francisco meetings, but emphasized the necessity of standards in training schools that exist without such educational standards or equipment.

The State Association held its fall convention at Hotel Brunswick in the afternoon. The banquet hall was crowded. About 235 were present. Miss Goodrich was the chief speaker, and told what state inspectors of training schools had done and could do in raising standards of nursing education, and in being helpful to superintendents who were trying to solve their problems alone. Copies of the amendment to our registration bill were passed around and a leaflet, "Reasons Why," gotten up by Miss Riddle, were distributed. Miss Ellen McHugh read a good paper on why private nurses should organize, and steps are to be taken toward that end. \$47.47 were collected for the Sick Emergency Fund.

THE SURGEONS' CONGRESS

The week that the surgeons held their congress in Boston was a busy one in all the local hospitals. Every day and all day the operating rooms were filled with interested visitors, and our surgeons worked early and late to demonstrate in the way of skilful operations. We heard from several sources that the visitors carried away a very favorable impression of the work that is being done by our staff, and there is no doubt that the congress was a great success and of mutual benefit to guests and hosts.

ECHOES FROM THE REUNION

IN spite of the fact that many of our graduates were still out of town when we had our reunion in September, there were 147 registered as guests. All classes were represented except three. The earliest graduate present was Luther Emerson (Class 1877), who worked under Miss Richards and Mrs. Wolhaupter. Miss Emerson has retired from active work and is keeping house in her ancestral home in Reading, Mass. Miss Maxwell was an attraction for many of the nurses who trained when she was superintendent. Mrs. W. W. Card from Seal Harbor, Maine; Miss Stevenson from Sound Beach, Conn.; Sophia Palmer from Rochester; Miss Dolliver from Yarmouthport, Mass.; Dr. Sara E. Stevens, who although a near neighbor, does not visit us often; Isaline E. Davis from Chester, Vt.; Fanny R. Slayton from Worcester; Mrs. G. P. Bacon (Hanna C. Churchill, 1897), Mary E. Pearson, Salisbury, N. B.; Mrs. George F. Morrison, Whitman, Mass.; Lillian MacCollum Ricker, Block Island; Mrs. Lillian Lotta Hayes, Worcester; Miss Brierley, Newport, R. I.; Mrs. Helen Wayland Hudson, North Scituate, R. I.; and Mrs. C. K. Ovington, of New York, were some of those present whom we seldom see.

Mrs. Card, who had not visited the hospital for fifteen years, when she is not travelling, makes her home at Seal Harbor, Me., spending the winter months at the Ritz-Carlton, New York. This winter Mrs. Card expects to spend at the American Ambulance, Paris. She sailed December 2 on The Finland, taking with her a French woman as companion and helper. Miss Isaline Davis, Miss Slayton and Miss Brierly have retired from nursing work and are enjoying home life. Our married nurses were not very successful in bringing their husbands to the dinner given at the Brunswick. Mr. C. K. Ovington and Mr. Hudson were the only ones who more or less bravely attended their wives. If they had not been re-enforced by the presence of Dr. Washburn and Dr. Howard, perhaps they would have fled when they beheld the formidable array of women. We trust that the example set by these gentlemen will encourage other husbands on future occasions.

Miss Hall, the toastmistress, said she thought the toasts to "Our Husbands" and "The Doctors" had got mixed up; that they should have been "Our Doctors" and "The Husbands." Mrs. Hardy's response to "Our Husbands" was in a very happy vein, and ended with "Blessed be the absent ones and thrice blessed those who are present."

Although Tuesday was intensely warm, the graduates began to arrive about 9 A.M. The Amphitheatre was well filled for the surgical clinic and the medical lecture. About 125 stayed to lunch, and a big audience enjoyed and applauded the illustrated lecture given by Dr. Washburn on "The History of the Hospital." By special request the following toasts are printed.

A TOAST TO THE PRESENT DAY NURSE

BY MISS SALLY M. JOHNSON

May you typify the pin you wear;
With Indian, the star, the olive wreath,
The bow, the arrow, and circle blue,
Each day and hour it's your armour true.

Like the Indian

Have dauntless courage, and watchful be,
Reliant, skillful, resolute and strong.
With patience, and enduring valor
Perform your duty in heroic manner.

May the Star

Be one of hope, saying "go on, go on."
May it always shine beneath your cloud
With lustre and radiance brightening your day,
Showing you the world not sad, but gay.

May the Circle

Bring an endless ring of true friendships,
For no one deserves them more than you
Who give of yourselves to those in need
And help them along by word and deed.

May the Olive Branch

Bring peace and plenty, and right good will,
Much inner resource and real content.
Your past has made good history—
May your future bring more victory.

A TOAST TO OUR ALMA MATER

BY MISS ANNIE FLETCHER

"From walking round the earth," as one remarked of old,
"And up and down the earth," we have come back to fold,
Around the festive board, we form a merry ring,
Our Alma Mater's praises loudly here to sing.
Our Alma Mater—gray with age—no upstart she,
Whose fame has spread abroad, far over land and sea.
Her noble form; soft to the eye; now drest in green,
Soon changed by Autumn's finger into crimson sheen,
Dear to our hearts, those stones; hewn by the lowest scum,
Show truly that "from evil, ever good may come."

How many poor and helpless has her sheltering arm
Drawn from despair and sorrow to a hopeful calm,
So once more they have gone forth, eased of racking pain,
With health and heart renewed to take up their task again.
How many of thy daughters have gone forth to war
To fight the wily microbe, and teach and preach once more
Hygiene's mighty doctrine; and spread it far abroad,
With persuasion and example, *not* by the sharp-edged sword.
How many with high purpose, brave heart, and steady hand,
Have left her friendly shadow for a far and distant land,
To start the levers, that some day will work great things
When Hygiene, fully grown, shall fly o'er the world on wings.
Sometimes the task seems heavy, and the day is very long,
But we think of Alma Mater and again are brave and strong.
May she still sustain us, through the darkest day and night,
When with pain and grief and anguish we are putting up the fight.

Miss M. E. P. Davis was not sufficiently recovered from her severe illness in California to attend the reunion. It has been a great pleasure to have her with us at our recent Alumnae meetings.

DEVELOPMENT OF THE MASSACHUSETTS GENERAL HOSPITAL TRAINING SCHOOL FOR NURSES

OUR Training School was founded in November, 1873, after a scheme that would be considered progressive even at the present day. Weekly lectures were given by doctors, and pupils were sent to the Eye and Ear Infirmary for additional experience.

During the first year the school had two superintendents, but cannot be said to have prospered until Linda Richards took charge of it in November, 1874. The nurses lived in a rented house on McLean Street. The first class of three graduated in 1875, and all have finished their earthly work.

In June, 1875, the nurses were received as residents in the hospital. In May, 1877, Miss Richards resigned to go abroad for

further study. She had, however, put the school on a solid foundation. The history of her work as told in her "Reminiscences" is very interesting reading, and her book should be owned by every M.G.H. graduate. She was followed by Mrs. Wolhaupter.

The first suggestion of a uniform was in 1878, and did not go beyond uniformity of caps, cuffs and aprons; and this innovation was not popular with the nurses.

Early in 1879 Miss Sangster became superintendent, and this year the first report was published, and one learns that pupils were sent to the Boston Lying-in for two months during the two years' course.

In 1881 Miss Anna C. Maxwell took charge of the school and under her it waxed strong during the next nine years. In 1883 the Thayer was completed. Miss Maxwell introduced a uniform and a school badge. A six hundred dollar library was installed in the Thayer parlor, which was selected by Dr. William Richardson.

Confidence in the nurses was now shown to the extent of furnishing ward instruments and teaching nurses to dress wounds. They were also given charge of the Ward E Amphitheatre. A schedule of about thirty lectures appears in the reports and notice of weekly classes from the immortal Clara Weeks.

In 1885 instruction in massage was added to the curriculum. One meagre mention is here made in our history of outside pupils being admitted to the wards on a tuitional basis quite exceeding any tuition common at the present day. Mrs. Benson, who paid fifty dollars a month for the privilege, was the last to be admitted as a non-resident pupil.

Requests for circulars of information covered about 366 a year at this time.

In 1884 pupils were first allowed to assist in the Out-Patient Department. The work had grown so that Miss Maxwell was allowed a night superintendent.

Some unhappy experience is indicated by a vote of the Training School Committee not to admit to the school any woman with a living husband.

Up to this time the ladies on the committee corrected the lecture books, but the task became too arduous, and a physician was paid to do the work. In 1888 the affiliation with McLean was established and continues to this day. Some of our most successful and loyal alumnæ are those who began their work at the McLean Hospital. When Miss Maxwell resigned in 1889 the school passed into the hands of Miss M. B. Brown. In 1894 cooking was introduced as a regular part of the hospital curriculum; previous to this pupils were sent to the Boston Cooking School for instruction. Miss Boland was the first teacher.

January 1, 1896, the school passed from the committee to the Trustees of the hospital, and its name was changed from the Boston Training School for Nurses to its present title. Unfortunately there are no reports between 1895 and 1899, and this report is missing from the files. Apparently during these years there was not much change in the course of training. We have no data telling us when the affiliation with the Lying-in Hospital and the Eye and Ear Infirmary were dropped.

There is mention of instruction in the autopsy room, increased equipment, and increasing numbers of applicants. As a graduate during these years I can testify to the remarkable executive ability and keen insight of Miss Brown, and I marvel at the good results and thoroughness of the work accomplished at that time, in spite of comparatively meagre instruction, a limited number of nurses per patient and very little supervision except that of the busy head nurses. When these were good, the instruction was excellent so far as the wards furnished the illustrative material and many of the head nurses were exceptionally clever executives and teachers.

In 1900 Miss Brown resigned and Miss Pauline L. Dolliver assumed direction of the school. Three years later the Training School report shows an amazing number of radical and important changes. A three-years' course; two expert paid instructors; affiliations with Sloan Maternity and the Children's Hospital; courses in the Diet Kitchen; training in operating room work; etherizing and bedside clinics. So far as we know, the clinics

for nurses originated in this hospital and have been a conspicuously fine feature of our curriculum. Many first-class schools have adopted this mode of instruction.

The new addition to the Thayer was made, and a nurse instructor added to the staff, and a one-month's preliminary course given to the probationers who were now admitted twice a year. During 1904 a three-months' course at Corey Hill Hospital was introduced, to give experience with private patients, and an affiliation with the Instructive District Nursing Association was formed. Also a class in reading was tried; and, most important of all, a four months' preparatory course in science was offered at Simmons College, which our school adopted, sending eight pupils in September. In 1904 we find an interesting outline of the theoretical and practical courses, with a fine list of special lectures.

In the report of 1905 is recorded an Ether Day celebration, with a surgical clinic for the nurses and a tea in the Dome. Next year we note an increase in nurses and particular instruction for pupils who were specializing. Tent wards are first mentioned in 1906. In 1907 the Administration Course was started. In 1908 Miss Dolliver's resignation is the conspicuous event, and those who have followed the tremendous work she accomplished in her ten years of superintendency will not wonder that she felt obliged to lay down the burden. During Miss G. E. Sanders' period of office the trustees voted to increase the school by fifty-two nurses, so that the working hours could be shortened and needed help given in new departments. Whereas in the beginning the nurses were allowed in the hospital as a great favor, the school was now urged to supply them. When Miss Sanders resigned, the honor fell to the present incumbent.

In the report of 1910 we find that it was thought best to strengthen the hospital courses so that the pupils might be withdrawn from Simmons College and all the school have equal opportunities—the college could only take a limited number even if the hospital could have sent the whole school there.

A resident theoretical instructor specially qualified to teach the sciences was appointed. Some lessons in invalid occupation were given, and a series of talks on current events enriched ad-

vantages previously enjoyed. In 1911 the course for the McLean nurses was extended to eighteen months, and obstetrical experience provided for them.

In 1912 the nursing staff had increased to 183, and an arrangement made for a three-months' course in the Social Service Department, which was to be offered as an elective for specially qualified pupils.

A three-months' course for probationers was established, and Miss McCrae put in charge of the practical instruction. The instructor of theory took over the course in anatomy and physiology, and devoted one and one-half hours every morning for nearly three months to these subjects. This course—particularly the practical teaching which includes the underlying principles involved in all procedures—is in my mind the most important step forward during the last five years.

For three months during the most impressionable period of their course all the probationers enjoy the uniform and comprehensive teaching from the most experienced and best-prepared nurses we can procure.

In 1913 a three-months' course in mental work was offered our pupils at McLean, and was made an elective. A non-payment system was started, and Mrs. N. Thayer, Mrs. Charles Mason, and the Alumnæ offered scholarships to aid deserving pupils. The hospital furnishes the uniforms, and keeps them in repair, gives text-books, maintenance, and the school pin.

The Instructive District Nursing Association formulated a most attractive public health course of four months, and any pupil or graduate completing it is awarded a certificate. An increase in highly educated applicants is noted, and a decrease in serious illnesses. The new Home was an event of 1913, and in addition to the generosity of friends of the hospital who contributed very largely and made possible our home and its furnishings we had most gratifying signs of interest in our comfort and welfare from the graduates of the school. The beautiful hall clock is a gift from them, and the portraits of Miss Richards and Miss Maxwell; photographs, books and kitchenette furnishings were also given by graduates.

Our sixty-day affiliation with the Eye and Ear Infirmary is the latest elective added to our curriculum.

There seems to be a growing expression of affection for the school on the part of our pupils, and it is to them that we are indebted for our mantel-clock, tea-carriage and roof-furnishings of the new Home. The trustees have never asked of the nurses anything beyond good and loyal service in and out of the hospital, but we are grown up, and we ask now the privilege of helping them in the maintenance of the most important department of this wonderful institution, which is peculiarly ours. In response to my appeal for a Training School endowment, so that there may be no question of funds for its suitable maintenance, there has been a response small but encouraging, \$285 having been given to this fund and \$200 more pledged. We need a very large endowment, and it is going to require our utmost endeavor if we are to realize it eight years hence, when we shall celebrate our fiftieth anniversary. I must take time to express appreciation of our Training School committee. The devotion of these women to the welfare of the school, their ready willingness to consider innovations, and their staunch loyalty to the superintendents of the school can only be appreciated by those who work with them.

To Dr. Howard, Dr. Washburn, and Dr. Howland—all of whom have the keenest interest in promoting the education and comfort of our nurses, we owe allegiance. They are also ready in private and in public to stand for the higher education and professional status of nurses as a class.

Lastly permit me to say that however good our school, however progressive our methods—*nothing* can equal in importance and interest the achievements of our graduate body. To them, more than anyone else, must we look for encouragement, assistance and loyalty. On them rests the prestige of our school, and to them is due our gratitude for the present standing of our school both at home and abroad.

AN EIGHT MONTHS' COURSE IN PUBLIC HEALTH NURSING

Miss Margaret M. Tymon (Class 1907) writes as follows on the fine opportunity offered to those wishing to enter this branch of nursing.

MY DEAR MISS PERRY:—

I am one of three M.G.H. graduates taking the newly revised course in Public Health Nursing given by the Instructive District Nursing Association, Simmons College, and the School for Social Workers, this year; and as I have talked with several of our graduates who have expressed regret for not knowing about the course at all, or not knowing of it in time to prepare, financially or otherwise, for taking it, I wondered if it might not be of interest to some of the readers of the *QUARTERLY* to hear about it from one of the students, in an informal way. I believe the July issue had a short paragraph stating that the Instructive District Nursing Association had arranged the course, and that circulars might be obtained by applying to Miss A. M. Carr, whom many of our members know because of her past connection with our Training School staff. That paragraph reached one of our graduates in Chicago, Miss Helen B. Fenton (1906), who is now taking the course. Miss Mildred K. Reid (1906) is the other member of the M.G.H. trio. These circulars and information regarding scholarships or any other point relating to the course may be obtained by writing to Miss A. M. Carr, 561 Massachusetts Avenue, Boston, who is head of the Instructive District Nursing Association, and they will tell you in cold type that instruction is given in certain subjects so many hours a week, but as is the way of circulars, they will tell you absolutely nothing of the extremely interested and helpful attitude of the instructors who are every bit as anxious to give us of their stores of knowledge as we are to receive. Nor

do they tell of the variety of interests brought into the class by members coming from all parts. We have among our number the Isabel Hampton Robb Scholarship nurse for this year, Miss Ruth Babcock, who comes from Minneapolis, Minn.; also Miss Dyke of Toronto, Can., who has been superintendent of the Nursing Department of Public Health in that city for the past four years, and who is taking the course while on leave of absence. Another student, who is also on leave of absence, is Miss Cummings, for eight years welfare nurse in the model community, Peacedale, R. I. Still another student is an English nurse preparing for Red Cross Rural Nursing service.

Perhaps a short résumé of the work might be of interest. This I can only give for the first half year, as there are to be some changes in the second half, and I believe we will have less theory and more field work. At present we have two mornings each week at the School for Social Workers, where we have lectures on various topics relating to social work in all its branches. These lectures are given by men and women of very extensive personal experience in the fields of which they treat. Also in connection with the School for Social Workers we have an allotted amount of visiting under the Associated Charities, and attend Associated Charities Conference each week. At Simmons College we have four half-days' classroom work, taking in dietetics, lectures and laboratory, bacteriology lectures and laboratory, social hygiene, and municipal and industrial sanitation and hygiene. This last has an especial interest from the fact that on one morning each week the students are required to address the class on assigned topics related to the subject matter of the lectures given us by the instructor. At first this was a morning of inward terror and confusion, but has come to be one of great interest and really jolly good fun. The object is to accustom the student to speaking from the platform, and thinking while speaking.

We also have two half days' practical work in district nursing. I do not wish to give the impression that the course is very easy, for it is not. The time is very completely filled, and hours upon hours of study are required, but surely any nurse who wants to

give eight months of her time to taking a course of this kind will be sufficiently in earnest to do her part cheerfully, particularly as it is made so very interesting for her.

In addition to the Isabel Hampton Robb Scholarship in Public Health—which is national—the Instructive District Nursing Association has two part scholarships which are given each year to students in this course who may be in need of assistance and who meet the requirements.

JOAN OF ARC TO EDITH CAVELL

Daughter of England, my once flaming foe,
With sons of France thou hast most nobly died!
Gentle leech-maiden, come where we abide
Who were called Martyrs in the long ago.
Here healing visions light us to and fro
As we pass, shepherding o'er spaces wide
Weak souls so fear-tormented they have tried
To shrink within the graves that bade them, "Go!"
Toward courage thou shalt lead sick terror's ghosts,
Thou who hast latest learned, 'mid cruel hosts,
What strength the God of Glory giveth love.
Hearts glow like planets traversing earth's wars:
I hear brave soldiers, where the armies move,
Name us together, looking to the stars!

—Margaret Chanler Aldrich, in *The New York Times*.

NEWS ITEMS

Miss Amy P. Miller, who has for the past five years been Theoretical Instructor, resigned last spring, much to the regret of all her associates and students. Miss Miller, although a graduate of another school, adapted herself to our conditions and traditions in a way that made her seem quite our own. The re-

sults she obtained with her classes proved her capacity as an able instructor. She has been having a very pleasant summer travelling about and visiting relatives and friends. The affection and best wishes of many at the M.G.H. go with Miss Miller to her new home and life of pleasant retirement.

Miss Elisabeth Peden, office assistant for four years, resigned last May and accepted the position of superintendent of the new Brooks Hospital, Corey Hill. She has had the pleasure of selecting her furnishings and equipment. Her staff will consist of Annie Robertson (1910), assistant superintendent; Bertha Wheeler (1915), operating room nurse; Mildred Cartland (1914), floor nurse. The other nurses are not graduates of our school.

Margaret Matheson (1912) is now in charge of the operating suite at Greenpoint Hospital, Brooklyn, N. Y.

Miss R. Helen Cleland (1892), formerly superintendent of nurses at Butler Hospital, Providence, R. I., has recently completed the Administration Course. She is now superintendent of the new Macon and Decatur County Hospital, Decatur, Ill. Ethel E. Goss (1914) has gone with her as superintendent of the training school, which they are to establish.

A quotation from a recent letter written by Miss Goss gives a good idea of what they hope to do:—"The field here is so big that to establish a centre of nursing education of the right kind seems both possible and desirable. There has been only one nurse here who belonged to the State Association. Most of the local nurses are not registered, and many of them are not graduates. . . . There is only one school nurse in this city of 45,000, and there are no district nurses. . . . There are no Red Cross nurses. . . . There is no training school in this county or nearer than Peoria, a hundred miles away." Miss Cleland spoke recently at vesper services in Decatur on "Nursing as a Profession."

Miss Edna H. Harrison (1910) returned from the American Women's Hospital, England, November 1, and, with Mrs. Chapman (1902), is taking the Administration Course. Miss Harrison returned looking the picture of health and as if war nursing agreed with her.

Miss Annie L. Simson-Rathbone (1897) is studying the methods of nursing tuberculosis at the Westfield Sanatorium.

Annie L. Loughery (1913) returned from war nursing in France recently, also looking as if the work—possibly it was the ocean voyage—had been a beneficial change.

Esther E. Goff (1914) is assistant superintendent of nurses at the Psychopathic Hospital. As Miss Goff had a year's experience with mental patients before her general training, she is well equipped for her new position.

Vera L. Benjamin, Hannah S. Peterson (both 1912), Margaret St. C. Marr (1913), Edith Hamblin (1914), Constance M. Sinclair (1897) and Isabel Kelso (1899) sailed with the second Harvard Unit from New York, November 17, on the Noordam, Holland-American Line

Carrie T. Banta (1915) is assistant superintendent of Olean General Hospital, Olean, N. Y.

Alida Winkleman (1915) is field instructor for the Surgical Dressings Committee that is making its headquarters at the Peter Bent Brigham Hospital. It is her business to go wherever sent to show local groups how to make surgical supplies.

Elizabeth I. Hansen (1915) is operating nurse at the Burbank Hospital, Fitchburg, Mass., temporarily.

Fannie Pickup (1908) resigned from the Baptist Memorial Hospital to take the superintendency of the City Hospital, Barre, Vt.

Nelle Selby (1915), instructor at the Pawtucket Memorial Hospital, visited the M.G.H. recently, and said she was enjoying her new position very much. Miss Eileen Curley, her classmate, is night superintendent.

Miss Mary L. Keith, superintendent of the City Hospital, Rochester, N. Y., called on her Boston friends recently, looking quite herself. It was good to see that she had made such a splendid recovery from her recent and very critical illness.

Margaret Scarry (1915) is instructor of practical nursing at the Rochester City Hospital, N. Y.

Olive B. E. Leussler and Ruth Robinson, both 1915 graduates, are assistants and instructors in the Surgical Building.

Marion Marble, A.B. (1915) is anæsthetizer for the West Surgical Staff. Glee Marshall (1914) has returned to the hospital as third anæsthetizer in place of Anna Griffin, who resigned to go to England with the Red Cross. Miss Griffin, although a very successful anæsthetizer, has decided to take up a different line of work.

Lois Whitteker, Bernadette Cormier, Mildred Banta, Marion Fuller, Alice Buchanan, Barbara McLeod, (all 1915), are remaining in the hospital as head nurses.

Helen I. Stockton (1911) is superintendent of the Nurses' Training School connected with the David Gregg Hospital for Women and Children in Canton, China.

An interesting, illustrated bulletin from the hospital was received lately which tells of the progress made in the school. The

pupils are required to pass the examinations of the China Nursing Association before they receive their diplomas.

Pearl Peacock (1915) is assisting Miss Grant at the Cambridge Hospital.

Rosa Shayeb (1915) has accepted a position on Miss Cannon's staff of house social workers.

The latest news from our war nurses were letters from Helen Hinckley, who was then in France, but going to England, and Josephine Gordon, who was on the Island of Malta. Miss Gordon said many of the doctors and nurses had been sick, but she had fortunately kept well and was able to eat the native fruits.

Miss Giles is coming home, but Miss Hinckley hopes by going to England that she may get sent to the Dardanelles which she says is every nurse's "Mecca." She writes, "We each have four wards, often ten beds each (on night duty), and when one is busy in one ward, it is impossible to tell what is going on in the others. There are no bells, and up to three nights ago, no light but candles. . . . It was certainly ghastly to find a man lying in a pool of blood, in that flickering light."

Miss Edith McCabe and Miss Marryatt had joined the force at the Woman's Hospital, Paignton. They lost all their luggage en route.

Miss Agnes D. West, sister of Marion M. West (1889) who died about a year ago after a long, painful illness, sent the hospital one hundred dollars for a free bed for one year, in memory of her sister's birthday.

The Massachusetts State Nurses' Association raised one thousand dollars for the Depage Fund, which was to assist in equipping a Belgian-American Hospital. One thousands dollars would pay for a ward. Of this fund, our graduates and pupils gave one hundred dollars.

Recently Miss Frances Finn, Miss Louise Zutter, Miss Daily and Miss Mayer registered at the Central Directory.

Contributions to the Training School Endowment Fund.

Previously acknowledged\$280

Sara E. Parsons..... 100

Louise C. May (pupil)..... 30

\$410

Pledged 200

The graduates of Blockley, Philadelphia, had a three days' reunion in November to celebrate their thirtieth anniversary. Mrs. Jamess P. McNichol (Margaret Donahue, M.G.H. 1902), superintendent of the school at Blockley from 1904 to 1910, spoke at the banquet held at Rittenhouse Hotel. Mrs. McNichol was a very young nurse to undertake the task she found at Blockley, but she proved equal to it and accomplished conspicuous reforms in the six years of her incumbency. She still takes a great interest in the welfare of the patients, the school and a personal interest in the nurses.

Sarah Steward (1915) was recently operated on at the hospital, and made a good recovery.

Mrs. A. Stewart Rogers (Jeanette MacDonald, 1909) has been in the hospital for observation, and returned home after a line of treatment had been decided upon.

Some beautiful pictures of Linda Richards were taken by Notman at the Reunion. Copies of one taken full length, standing in front of the palm in the brick corridor, can be had by sending to Notman's Studio, 3 Park Street, Boston. A large picture, head and shoulders, suitable for a classroom or nurses' home, can be had for \$3.50 by sending to Miss Sophia F. Palmer, 45 South Union Street, Rochester, N. Y. Every nurses' home in the coun-

try should have a good picture of the first trained nurse in America. The group picture taken in the amphitheatre turned out very well and is a good souvenir of the occasion. We regret that it is too large to reproduce in the *QUARTERLY RECORD*. Copies may be obtained from Notman at \$1.50 each.

Beatrice Kent and Annie W. Hulme of London, England, delegates to the nurses' conventions in California, have been spending a week at the new nurses' home. While in Boston they visited several of the prominent hospitals in the city and vicinity, also the School for the Feeble Minded in Waverley. Miss Kent's letters to the *British Journal of Nursing* from America have been interesting reading.

Marie A. Huber (1914) has returned from Labrador and has gone to California with her mother for the winter.

Mrs. Charles P. Clarke (Katherine R. Moloney, 1905) is to be congratulated on the birth of a daughter October 8. She already has two lovely boys, and little Elizabeth was given an enthusiastic reception.

Muriel Galt (1898) is stationed at the Nasireh Military School, Cairo.

Marion A. Manning (1901) is at Sea Cliff, Long Island, teaching physiology, hygiene, food values, etc., in the high and grade school. She also does social service work.

Isabella E. Jewell (1897) writes from Vineland, N. J., that on account of harvesting her peach crop she was not able to attend the reunion. Miss Jewell, after winning two or three degrees at Columbia, had a nervous breakdown from which she is recovering by leading a wholesome outdoor life. By and by, Miss Jewell wishes to teach dietetics to nurses. We hope she will be able to do this in the near future.

The marriage of Miss Aethel Buchanan Dodge (M.G.H. 1915) to Mr. Lyman Guy Barton, Jr. (M.G.H. 1914) was at the home of the bride in Haverhill, Mass. The couple were attended by Miss Mildred Hamblin, maid of honor, and schoolmate of the bride, and Miss Olive Leussler of Boston, a classmate. Mr. Philip Barton, a brother of the groom, acted as best man, and Mr. Warren B. Dodge, a brother of the bride, as usher. A cousin of the bride was flower girl. The home was attractively decorated with flowers and palms. An aisle was made from the staircase to the altar of white ribbon, held in place by several friends of the bride, along which the procession passed. A wedding reception was held after the ceremony, after which the young couple started on a tour of the White Mountains. They will make their home in Willsboro, New York.

Miss Eva Catherine MacDonald (1909) was married at St. Andrew's Church, Truro, N. S., to Mr. George Goodrich Byrnes. A reception at their home followed. Mr. Byrnes is the son of Mr. Timothy E. Byrnes, former vice-president of the N. Y., N. H. & H. R. R. Mr. George Byrnes, although he studied at the Harvard Law School two years, decided to go into the automobile business. Mr. and Mrs. Byrnes will board until their house, which they are building in Brookline, is finished.

Miss Marion B. Dibblee (1898), who succeeded Miss A. O. Tippet as House Social Worker at the M.G.H., has accepted the superintendency of the Clinton Hospital, of which Dr. Walter B. Bowers, Secretary of the State Board of Nurse Registration, is the president. Miss Dibblee received a welcome reception from the trustees of the hospital, and she doubtless will find a good field for the progressive methods which her experience will enable her to carry out. She goes to her new post January 1.

Mrs. H. L. Houghton (Cornelia McAvoy, 1896) and Miss Parsons hope that the graduates will like the furnishings they selected for the front hall of the new Home. The gift is from

the classes of 1895, 1896 and 1897. Two handsome chairs of the Jacobean period were selected at Irving and Casson's. It is expected that the chairs and two other smaller articles will be installed by January 1.

The former students at Teachers College entertained Miss Goodrich at the Women's City Club, November 13. There were present Miss Hall, The Peter Bent Brigham Hospital; Miss Barnes, Boston Dispensary; Miss Lake, Nashua, N. H.; Miss Hill, the City Hospital of Quincy; Miss Eiche, the Lawrence General Hospital; Miss McIntire, the Boston Lying-in Hospital; Miss Redfern, Miss Helen Wood, Miss Riddle, Miss Catton, Miss Watson, and Miss Parsons.

Miss Grace McLeay (1896), President of the Canadian Nurses' Club, had a "Trench Shower" at the Boston Nurses' Club, November 24. We hope it was a very heavy shower.

In September, Miss Annie Fletcher returned from a very pleasant trip to the West, where she had been staying in the foothills and in the Canadian Rockies. The journey back was partly by the Big Lakes, via Portland and Yellow Stone Park. If any of the nurses think of going over the same ground, she would be glad to give them suggestions in making out the trip.

Miss H. L. P. Friend is one of the State Board of Nurse Examiners in Ohio.

Miss Alice B. Coe (1907) was operated on at the Hale Hospital for appendicitis, September 20.

There are many who will be glad to hear about the purpose of erecting a nurses' home at McLean Hospital. Those who have been pupils for the whole or part of the course are expecting to assist in furnishing the library and reception rooms.

If anyone has a spare copy of the March and June RECORD, 1915, and will donate them to the Treadwell Library, M.G.H., the librarian will be very grateful, as these numbers will complete her file. Miss Parsons will also appreciate receiving the Training School reports for 1888 and 1899, if they are in the possession of any willing to give them to her. Please send them to her office.

Miss Tippet writes from Toronto that the Province of Ontario is awaking to the needs of uniform professional standards, which would be greatly aided by a central directory for nurses. The project was strongly represented by two hundred nurses who waited upon Mr. Justice Hodgins, the government's medical commissioner. W. H. Ludwig, K.C., appeared on behalf of the various nursing institutions. There was, he said, urgent need of a standard of qualification, and for the incorporation of Ontario graduates in one body recognized by the province. It is becoming a general feeling that such a standard is necessary for the protection of the public, since there is no means of knowing whether a nurse is fully qualified or not. What is known is that many undergraduates are practicing their profession, yet all are known as "nurses." The title "R.N." is a protection; but Manitoba, the commissioner was informed, was the only province in Canada that had a special act governing the registration of nurses.

MARRIAGES

On August 25, at Alberton, P. E. I., Ida May Champion, Class of 1904, to Robert Hudson Gordon. Mr. and Mrs. Gordon will reside in Montrose, Prince Edward Island.

On September 22, at Haverhill, Mass., Aethel Buchanan Dodge to Lyman Guy Barton, Jr.

On the 7th of October, at St. Andress Church, Truro, Nova Scotia, Eva Catherine MacDonald, Class 1909, to George Goodrich Byrnes.

On November 10, at Winnipeg, Manitoba, Mary Ethol Creelman, Class of 1913, to Thomas Douglas Ellis.

BIRTHS

To Mr. and Mrs. Charles P. Clark, on October 8, a daughter. Mrs. Clark was Katherine R. Molony, Class of 1915.

On September 5, to Mr. and Mrs. C. B. Grainger, a daughter, Mildred Isabel. Mrs. Grainger was Lilian I. Lovely, Class of 1910.

IN MEMORIAM

IT is with deep regret that we record the first death among our graduates who have been in service during the present war in Europe. Mrs. Jessie Brown Jaggard, Class 1895, passed away at Muchos, Island of Lemnos, September 25, 1915. Mrs. Jaggard, a native of Canada, volunteered to go with the contingent sent out by the militia department of that country, and was appointed matron of a hospital to be established at Moore Barracks, Shorncliffe. This she organized most successfully, her period of duty extending from May to August, 1915.

On August 1 her unit was transferred to the Mediterranean. On reaching Lemnos, after a very happy voyage, they were met by most trying conditions, chief among them an excessively hot climate and bad water. An epidemic of amoebic dysentery followed, and within ten days many of the unit, including ten nurses, occupied beds in the hospital. Of the latter, two were seriously ill, and one, Miss Frances Munro, graduate of the Boston City Hospital, succumbed to the disease. Mrs. Jaggard, besides managing the hospital and superintending the nursing of the men in the wards, worked with the utmost faithfulness over these sister nurses. The effort, however, reduced her own strength so much that when she was taken ill September 10, it was soon evident that hers also was a serious case. In spite of all that could be done, she died September 25, and was buried with Miss Munro on the lonely island, both being accorded military honors.

In a report sent to her matron-in-chief in London concerning the death of Miss Munro, Mrs. Jaggard expressed herself as fol-

lows. "Naturally we are all much depressed by the sad experience which befell us so soon after our arrival, and yet we all realize that Sister Munro has given her life as wholly as any soldier who has been killed in action at the front. Her noble and self-sacrificing conduct will be an inspiration to us all."

With such a spirit of loyalty behind it, it is not surprising that the official references to Mrs. Jaggard's work have been most gratifying to her family and her friends.

Mrs. Jaggard's husband, Mr. Herbert Jaggard, superintendent of one of the divisions of the Pennsylvania Railroad, lives in Elmira, N. Y., while one son, a boy of thirteen, is now at school in this city. To them and to her brothers and sisters in Ottawa, Canada, the *QUARTERLY* extends its sincere sympathy in their loss.

BOOK NOTICES

MATERIA MEDICA AND THERAPEUTICS. Linette A. Parker, B.Sc. (Columbia Univ.), R.N. Lea & Febiger.

The Nurse's Text-book Series, to which this book belongs, is carried by Whitcomb & Barrows, Boston, and comprises a set of handbooks which will prove most useful to training schools for nurses. More and more authors are realizing some of the difficulties under which pupil nurses study, notwithstanding improvements which are continually being made through individual effort and legislative action. In "Materia Medica and Therapeutics" there is at the start a clear outline of the metric system, weights, measures, and equivalents. Problems are stated illustrating percentage and proportion. Then follow solutions, the ordinary strengths of the same, effect of temperature in the mixing, some pharmaceutical requirements, legal standards and practical pharmacy rules. Later on is shown the bearing of some fundamental facts of chemistry. Under definitions are included *Materia Medica*, pharmacognosy, pharmacology; while *Therapeutics* covers the branches of psychotherapy, hydrotherapy, electrotherapy, serum-therapy and radiotherapy. These definitions reveal the plan or

arrangement of the book. A good deal is said about the responsibility of the nurse in the administration of drugs, which is quite in agreement with a recent writer on the subject who says, "The efficiency or inefficiency of a remedy depends largely on the way it is administered." One of the greatest helps to the student is found in the excellent diagrams, and in the colored plates of the plants from which the drug is derived. The effect of drugs is considered systemically, chemically and therapeutically. Lastly, the grouping of drugs under systems, such as the respiratory, circulatory and digestive systems, brings the nurse to the more familiar aspect of medicines in their action upon the patients for whom she is caring. At the end, prescription reading, experiments, legislation in regard to habit-forming drugs, and pure food statutes put the pupil in possession of facts which it is vitally essential for her to know. Just as important are the later therapeutic measures, embracing serums, vaccines, electrical treatment, etc. Taken together, the care the author has expended in classifying and defining the subject-matter provides us with a compend in readily assimilable form, equally valuable to teacher and pupil, especially where short courses are designed.

BLOOD PRESSURE. W. H. Cowing, M.D. The Taylor Instrument Companies, Rochester, N. Y.

This short presentation of the subject of blood pressure is meant to illustrate the value to physicians of the use of the sphygmomanometer (not its commercial value). Though its use belongs to the sphere of medicine, nurses may receive much help, which will also enhance their efficiency as nurses, from studying this simple statement, since it will make them more sensible of the degree of abnormal condition in the patient, and thus develop nursing resources. It was only about ten years ago that the importance of blood pressure was recognized by a few of the medical profession. "Increased blood pressure as a premonitory indication and forerunner of subsequent changes in cardio-vascular renal disease" was not recognized until a comparatively recent date. Now, the "use of the sphygmomanometer to the careful

and conscientious physician is fully as essential as the stethoscope or clinical thermometer." Besides the preparation of the patient, which will mean that two hours after eating must elapse, that the patient must be kept free from worry, and that he should be placed in the recumbent position, there are a few useful facts for a nurse to know. (1) Blood pressure varies in both normal and abnormal conditions. "Between the ages of 21-50, lower than 100, or higher than 150 can safely be termed pathological cases." Blood pressure is affected by position, muscular exercise, excitement, nerve tension, time of day, digestion, etc. The femoral artery gives the most correct reading. (2) Increased blood pressure, unless sustained, is not significant excepting as a warning, a revealer of approaching symptoms, and there is no truer index of disease. Typhoid fever (which gives a low pressure, unless complicated by pneumonia), tuberculosis, cardiac and kidney lesions (the latter often when there is no trace of albumin) diseases of the special organs, asphyxia, the contagious diseases, even obstetrics, may all be diagnosed by a process of elimination if in no other way, but usually by the furnishing of exact data as a guide. (3) Other details which will augment our appreciation are (a) Two methods for determining blood pressure are employed, that of oscillation and of auscultation. Conditions must be right on the part of the patient, and the physician must also take into account the effect of jarring or of too heavy pressure of the finger on the artery. (b) There are certain contraindications for sphygmomanometry, as in aortic insufficiency or dilatation of the vessels; but generally speaking, "an indication of disease by proper treatment, may prevent the development of a pathological condition." (c) To obtain the best results from this great aid to diagnosis and prognosis, daily readings are desirable.



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



MARCH, 1916



THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital
Nurses Alumnae Association



Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, Massachusetts General Hospital.

Secretary, MISS EDNA H. HARRISON, 55 Wheatland St., Winter Hill, Mass.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 27 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnæ Association

VOL. VI

MARCH, 1916

No. 1

EDITORIAL STAFF

MISS C. M. PERRY, *Editor-in-Chief*, Malden Hospital, Malden, Mass.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS HELEN WOOD, Massachusetts General Hospital.

BUSINESS MANAGEMENT

MISS SALLY JOHNSON, *Business and Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MRS. JOSEPH GODSOE, *Assistant Business Manager*, Somerville, Mass.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Sally Johnson, Peter Bent Brigham Hospital, and all other communications to Miss Perry, Malden Hospital, Malden, Mass. Matter for insertion in the RECORD must be in Miss Perry's hands upon the first of the month of publication. Write legibly on one side of the sheet only.

PRESS OF CAUSTIC-CLAFLIN CO., CAMBRIDGE

WE were reminded by Miss Parsons at the alumnæ meeting that the *American Journal of Nursing* is a magazine for the nurses and by the nurses. Over and above other alumnæ we have special interest in it because the Editor is a graduate of our School. Another who has been closely associated with the *Journal* is also a graduate. Miss M. E. P. Davis, 21 Walnut Avenue, Norwood, Mass., has consented to be the official representative. Subscriptions and renewals may be sent to her. Those who have thought enough of their *Journals* to keep them on file year after year will find them valuable for reference in matters professional and historical. In its pages are recorded the origin and progress of all the truly significant movements, with widely expressed opinions on various questions which have been interwoven with

the development of nursing standards. Every alumna should look upon subscription as a vital necessity to her own advancement.

Alumnæ Meetings.—The January meeting was on the 25th of the month, in the Class Room of the New Home. For some time we have been troubled with noise surrounding the Home, due to building and the consequent increased thoroughfare, and have decided to convene in the O.P.D. Amphitheatre until the Administrative Building is completed. The business of this meeting was as follows: Miss Sally Johnson was appointed business manager of the QUARTERLY RECORD, and a vote of thanks was given to Miss Dibblee for her services in this way. Miss Parsons spoke upon increasing the general membership of the Red Cross, and drew attention to a meeting to be held in Tremont Temple on the following Monday afternoon. She also dwelt upon the subject of the Endowment Fund, especially urging that a committee be formed to help meet the needs of the Nurses' Home, to anticipate the time when the new building opposite the Home adds a capacity of fifty beds, and the Bulfinch Building is changed to accommodate one hundred more patients, all necessitating the enlargement of the Training School. It was considered, also, whether the Sick Relief Association should be available for all Alumnæ members. This could be accomplished by making one organization of the Alumnæ and the Sick Relief Association; and by increasing the annual dues of the former. The Treasurer and Secretary were made a committee to urge payment of back membership dues. There were expressions of regret for Miss Gorman's illness, and Miss Dolliver was requested to write to the Presbyterian Hospital, New York, for further information. The sad news of her death came later with Miss Dolliver's touching memorial, which is given below. The January meeting closed with the proposal of new Alumnæ members and the announcement that twelve dollars had been voted for music at the dance given the last graduating class of 1915.

It was hoped that a goodly number would be present at a special meeting of the Sick Relief Association, January 8, as matters of great importance were to be discussed, such as incorporation, the uniting of the Sick Relief with the Alumnae Association which would make members of the latter eligible for sick benefits, and also whether by altering Section 1, Article 4, of the Sick Relief By-laws nurses not in active service could have the same privilege. These considerations were taken up at the January Alumnae meeting, we shall hear later with what results.

On February 29, our Alumnae enjoyed the quiet of the Out-Patient Department Amphitheatre for its animated business meeting. A letter from Miss Palmer brought up several points relating to the *American Journal of Nursing*, official notices, subscriptions, etc. A committee was appointed to consider the matter. Miss Parsons gave a report of the Endowment Fund Committee. It has been decided to give circulars of information to the graduate nurses, and later to place in their hands a pamphlet which will enable them to present the subject before any from whom they wish to ask coöperation. Miss Parsons expressed the hope that some time in the future we may find it possible to give scholarships for Teachers College, Columbia. A committee was formed to nominate a delegate to the American Nurses' Convention at New Orleans, April 27 to May 3, which meets in conjunction with the National League of Nursing Education.

The Members of the Alumnae Association are thus addressed by the new business manager of the QUARTERLY RECORD, who earnestly solicits the coöperation of every member in her endeavor to carry on the good work done by her predecessors. The magazine costs the Alumnae about five hundred dollars a year, besides the many hours of labor gratuitously given by the busy women who are responsible for its existence. Because of this expenditure every alumna is entitled to the magazine, and it is the ardent desire of the RECORD Staff to have her receive it. To that end

much effort has been put forth. As we are busy people, the work must be divided among several, and it is therefore easy for an error to occur. Consequently we have received frequent complaints that the magazine has not been received. These complaints sometimes come before publication of the issue. It may help if we state that the RECORD is published between the fifteenth and twenty-second of March, June, September and December. Notification of change of address should reach us by the first of these months. After allowing sufficient time for the magazine to reach you, and it fails to arrive, please notify us at once, that we may apply the remedy before the cause becomes obscure. If you have notified the secretary or the business manager of change of address, and the RECORD comes to you forwarded from the old address, tear out the part of the envelope showing this and send it to the person previously notified. Such specific proof is most convincing, if the error is with the mailing company. Do not trust to our hearing that you have changed your address, nor even to telling some one of us; please write it and send to Miss Sally Johnson, The Peter Bent Brigham Hospital, Boston, Mass. Thereby you not only do yourself a service, but save someone a like inconvenience, and best of all you render valuable assistance to your Alumnae Association in its endeavor efficiently to produce the QUARTERLY RECORD.

THE MASSACHUSETTS STATE NURSES' ASSOCIATION

THE midwinter meeting of the Massachusetts State Nurses' Association was held at 585 Boylston Street, February 12, at 3 P.M. Miss Parsons, the President, was unavoidably absent and Miss Riddle took the chair. The Massachusetts League of Nursing Education had had its session at the Central Directory at 11 o'clock. The weather was inclement, but the attendance was fairly good. The two principal speakers were listened to with close attention. They presented two of the chief features of the

work of the Association, viz.: its educational and its social sides. Miss Grace L. McIntyre could speak from a profitable experience at Teachers College, New York, on the value of a course in nursing and health in that department of Columbia University. The keynote of her address was that the kind of preparation we secure for our vocation in life is prophetic of the work we are apt to do; also that our professional training specially fits us for the great social activities carried on today. Mrs. George Rice, representing the New England section of the women's department of the National Civic Federation, dwelt on this very point later—that the nursing profession possesses knowledge and experience which is most potent in social aims and opportunities, and that it is certain that more can be accomplished by this coöperation. The work appeals to us as particularly our own, and much appreciation was manifested over Mrs. Rice's spirited words. Immigration and prison reform were mentioned as two special subjects needing our assistance. Boards of health and others in authority should rouse themselves to forethought and vision. Prejudice and unfairness ought not to be entertained in dealing with the conditions prevalent in cities. Among these the danger of carrying tuberculosis through the mail was spoken of. Postmen contract the disease by sitting in damp clothing and by other exposures which they cannot escape. In all these ways there is much to be done and few to do it.

Before the end of the meeting, Miss Riddle reminded those present of the hearing of our Bill at the State House, and expressed the hope that many would attend. At the tea which followed, there was free interchange of ideas, which showed that the meeting had enkindled a desire to further all efforts toward improvement of methods and reform.

On January 29 the Middlesex County Branch of the State Association had a meeting of more than usual import because of a short but impressive paper from Miss Dart in which she gave an account of the beginnings of the State Association of Massachusetts, the object of its formation, what it had accomplished, and what it could further do if membership were increased. Our

duty was pointed out as to spreading information, especially among recent graduates, and of circulating membership requirements among those about to graduate. As the Middlesex County Red Cross was also present at this meeting, portions of Miss Delano's sixth annual report for the national committee on Red Cross Nursing Service were read; the work which local committees can do, and the effort to increase general membership, the dues of which help to swell the Red Cross Endowment Fund, were outlined. The report gives much valuable data, not only relating to European war service, but to the general scope of its activities, all of which cannot fail to inspire an endeavor to coöperate on the part of the local committees.

CLARA BARTON

THE *American Journal of Nursing* for February gives a fair estimate of the real worth of the person and work of Clara Barton, our pioneer Red Cross leader. Had Miss Barton been trained in a school for nursing, she would have hailed with delight the changes which succeeded her régime, both as to organization and service. It was because she could not see the trend of those inevitable changes that friction arose over differences of opinion, misunderstandings, and even contumelies. Today, recognizing her high aim and self-sacrificing devotion to human suffering, one can quite agree with the sentiment expressed though the daily press in these words: "By all means let there be erected in Washington a suitable memorial of the Massachusetts woman whose name is most often linked with that of Florence Nightingale. The impulse out of which the foremost humanitarian agency of the world developed came from the work done by the English woman in the Crimea. Her fitting memorial has just been erected in London. The definite movement from which grew the organized work of the Red Cross was initiated by Henri Dunant, the Swiss gentleman who was the 'good Samaritan of Solferino.' . . . A suitable memorial will doubtless sometime be

reared to perpetuate his name. Clara Barton labored without stint upon the civil war battlefields; she obtained her impressions of the value of the new agency for the aid of the wounded in the Franco-Prussian war of 1870, where it first was tried out upon any large scale; and she devoted her after life largely to the promotion of its noble aims in this country. Her efforts secured the adoption of the Geneva treaty by the United States, and her amendment making the Red Cross applicable to other calamities than war has now become world-wide."

"THE THREE BROTHERS"

BY REV. ALBERT LEONARD MURRAY

St. Paul's Church, Evansville, Ind.

(Part of an address before the Ohio Valley Medical Convention)

DOCTOR of Medicine, I greet you as a brother, for the doctor of medicine and the doctor of theology are brothers in our pursuit of truth and in our ministry to human need. We have another brother. Older? or younger? I cannot say, for we are an ancient family. He is the doctor of philosophy and of science. He, too, seeks truth and serves human need.

The doctor of medicine went forth to solve the problem of the opaque in the human body, therein he sought that light of truth which would interpret human life. After centuries of toil he brought home to the family fireside a little cross. He calls it the "X" ray. We prize it, for it is a thing of genius and has a mission.

The doctor of philosophy and of science went forth to solve the problem of the opaque in the human mind; he sought therein for that truth that would interpret human life. One bright morning he returned bearing a cross. He calls it "X." "The unknown quantity." We prize it, for it is a thing of genius and has a mission. It also signifies that man has a finite mind.

The doctor of theology went forth to solve the problem of the opaque in the human soul; he sought therein for that truth which would interpret human life. One fair day in the world's high noon he returned and lo! he, too, bore home a cross. He calls it the Cross of Christ.

It is well for us that these three crosses come under the same family roof, for this last cross explains the others and has made us truly brothers, and in its light and inspiration, and by its universal law of sacrifice we each serve the other and our whole family and all our kinsfolk near and far.

A PAY CLINIC

THE Massachusetts General Hospital has taken a step that helps to refute the familiar charge that our hospitals offer every facility for the very rich and the very poor, but few for the middle classes. By its new system of pay clinics, which went into operation last week, there is hope for the sick person who cannot afford the great specialists and who, by virtue of his self-respect or his financial condition, is above the class for whose benefit the free clinics are maintained at our many splendid hospitals.

"Under this new arrangement, on Tuesday and Friday afternoons, any person may come to the hospital and on the payment of a small fee receive the personal examination and advice of the best men on the staff of the institution. Perhaps it is an X-ray examination that is needed. It is obtainable at a very small part of the cost in the office of a specialist. There is one condition that the hospital insists on. The patient must be accompanied by his regular physician or bring a letter from the physician.

"The plan does not in any way interfere with the well-established system of free clinics at this or the other hospitals. It is for quite another class of patients, and the physicians and surgeons of Greater Boston will quickly see its significance and value."—*Boston Herald*, Feb. 14, 1916.

RECENT APPOINTMENTS TO THE M. G. H. TRAINING SCHOOL STAFF

Helen Wood, A.B.R.N. (Class 1909), has accepted a position for a few months in the Training School office.

Mary F. Emery (1914) is office assistant.

Frances L. Wales (1914) is head nurse in Ward F.

Maude Townsend (1915) is head nurse in the Throat Room in the Out-Patient Department.

Frances A. Morton (1915) is head nurse in Ward I.

Mae G. Rodger (1915) is head nurse in Ward A.

Mrs. A. S. Crane (1915) is head nurse in Ward 7.

May R. Kelly (1915) has been appointed head nurse in the Female Surgical Out-Patient Department.

Bernadette Cormier (1915) is head nurse in Ward 16.

Olga Olson (1914) has retired from her special work in connection with the skin department and has accepted a position at the Pawtucket Memorial Hospital, Pawtucket, R. I.

Margaret G. Reilly is taking Miss Olson's position, which is a new work practically, that of home instructor in connection with the Hospital skin cases. The nurse and the social service worker are intimately associated in their work, the one supplementing the other.

Isabella McC. Lumsden resigned her position as assistant superintendent of the Out-Patient Department, much to the regret of her many friends in the Hospital. Miss Edna Harrison, formerly head nurse of that department, is filling the position temporarily.

A tuberculosis conference took place in the Out-Patient Social Service Department, lasting the entire day. There were many interesting addresses and discussions.

CONTRIBUTIONS TO THE TRAINING SCHOOL ENDOWMENT FUND

| | |
|-------------------------------|-------|
| Previously acknowledged | \$410 |
| Dr. Benjamin Brown..... | 10 |
| A Graduate | 1 |
| R. Helen Cleland..... | 200 |
| <hr/> | |
| Total | \$621 |
| Pledged | \$200 |

NEWS ITEMS

Miss Agnes D. West continues to show her interest in the hospital by sending one hundred dollars to start a Student Nurses' Loan Fund to be known as the Marion Moir West Loan Fund. This is to be taken under the care of the Ladies' Training School Committee, and is to be added to from time to time by Miss West and others who are interested in furnishing assistance to deserving students, who would otherwise be unable to train at the Massachusetts General Hospital. Experience has shown that such a fund is going to be of very great advantage to the school. Many times some of the most desirable candidates are those who have to rely upon their own exertions entirely for support and for their own education.

Agnes J. Trull (1913), former assistant to Miss Parsons, has been appointed directress of the training school for nurses in connection with the Brooklyn City Hospital. She left the Massachusetts General early in February to assume her duties March 1.

Alice M. Watson (1913), also former assistant to Miss Parsons, goes as Miss Trull's assistant.

Margaret Henderson (1913) is going as night superintendent. Miss Henderson has been delayed on account of a serious grippe cold with otitis media as a complication.

Ruth C. Blair (1914) has resigned her position as head nurse of Ward I to go with Miss Trull as instructor, but illness at home makes it doubtful whether she will be able to continue with her work for the present.

Rosella Travers (1912), Helen Nicolson (1904), and Victoria Mayer (1915), have all been patients in Ward C. They made good recoveries, and as we are going to press their progress as convalescents is satisfactory.

Clare W. Butler (1915) has accepted a position as social worker on Miss Cannon's staff at the Massachusetts Charitable Eye and Ear Infirmary.

Lillian H. Morris (1897) is assistant to Miss Coleman at the Good Samaritan Hospital.

Dr. Benjamin Brown, in appreciation of the services of two of the nurses during his wife's illness at the hospital, presented ten dollars to the Training School Endowment Fund.

On the evening of January 25, a reception was given at the Somerville Hospital by the trustees and medical staff in honor of the superintendent, Miss Elizabeth C. Hogle, and her assistant, Miss Louise Hogle, who have borne the responsibility of the management of the hospital for the past seven years, and who retired on February 1. Many friends of both ladies were present. The occasion was marked by the presentation to each of some wonderful roses and a handsome leather case containing fifty dollars in gold. The gift to the superintendent was presented by Mayor Cliff of Somerville for the trustees, and that to the assistant by Dr. Dorell of the hospital staff, for the staff.

Miss Blanche M. Thayer succeeds Miss Hogle as superintendent of the Somerville Hospital. Miss Hogle expects to retire to private life for an indefinite period.

Mrs. Marie A. Sirois (1914), who recently returned from war nursing in France, has reënlisted with the unit of seventy-three nurses, which sailed from Halifax about the 20th of February. Their destination is unknown. Mrs. Sirois has signed for the rest of the war, and as long as she is needed after it.

Miss Mary E. Shields has accepted a position as instructor in the training school at the Highland Hospital, Fall River, until the middle of June.

Mrs. Robert Grant, sister of Muriel Galt (Class 1898), gave the nurses a very interesting evening a few weeks ago, by reading some of her remarkable collection of war letters.

Dr. Paul W. Harrison, who is back from Arabia, doing post-graduate work, also entertained the school with some of his personal experiences as medical missionary in Arabia.

Miss Annie H. Smith (1895) is secretary of the Genesee Valley League of Nursing Education, and writes that she is enjoying the work, which keeps her in touch with nursing affairs outside the hospital.

Bertha I. Thompson (1914), who has been head surgical nurse during the past year at the Griffin Hospital, Derby, Conn., has been obliged, on account of family affairs, to give up her position; and in order to be nearer home, is expecting to take a post graduate course with the Victorian Order of Nurses in Montreal.

Miss R. Helen Cleland (1892), administration course, 1915, writes Dr. Washburn that within two weeks of the opening of the Macon and Decatur County Hospital, which accommodates

eighty patients at present, every bed was full, and patients are waiting a week or ten days for admission to the hospital. Already the citizens have decided on building a hundred thousand dollar addition. The work is being done by graduate nurses and the training school started after the most approved plans with eighteen promising probationers. Miss Cleland expresses her appreciation for the advantages she enjoyed while taking the administration course, and sent a two-hundred-dollar check for the Training School Endowment Fund.

Ramona C. Dunbar (1914) has recently returned from Washington, D. C., where she has been doing private work for several months. While there she met Margaret Milner (1909), who has opened with her sister, a trained dietitian, a successful luncheon room. Miss Dunbar has given up private work on account of her mother's health, and when she resumes professional activities she intends to do institutional work.

Miss Dolliver gives below a touching memorial of Miss Alice A. Gorman, at one time associated with her in our Training School. She knew her intimately, and says of her, "I know of no one of our graduates who has upheld her standards so persistently in the face of greater or more humiliating opposition."

Miss Mysie A. MacDonald (1907) has been obliged to give up her work on account of her health, and has gone into the woods of Steilacoom, Wash., to camp. She writes that she does not yet see much improvement, but hopes when the trying weather is past she will begin to gain. Her neighbors are huge owls, timber wolves, and wildcats. Miss MacDonald's many friends will look forward to hearing something of her present environment in the QUARTERLY in the near future.

Miss Marie A. Huber (1914) is enjoying the winter in San Diego, Cal. She writes a vivid description of the flooded condition of the country, and of the delightful times she is having.

Miss Grace B. Beattie (1893) resigned her position at the North Adams Hospital after a very successful two years of work, during which time she did a great deal in building up the training school and renovating the Hospital. She retires to take a much-needed rest, and is not discussing future plans at present.

The graduating exercises of the 1916 class took place January 13, in the Out-Patient Department. Dr. George Cheever Shattuck gave the address, which proved to be an illustrated lecture on "Nursing Conditions and Relief Work in Servia." His interesting address was followed by Miss Parsons' annual report. A reception and dance for the friends of the graduating class followed the exercises. Constance H. Hoyt won the first prize for her senior essay, and Helen D. Boylston the second prize. The graduating class presented the new home with handsome andirons and fire screens for both fireplaces. We hope to hold our next graduation in the new Administration Building, where accommodations for such functions will be more suitable.

The many friends among our graduates extend to Dr. and Mrs. Charles D. Easton congratulations on the happy event of the birth of a daughter, their first born. Dr. Easton was formerly E. medical house officer, and is now living in Newport, R. I.

Miss Jessie A. Clarke (1910), after having been on duty for three months in General Hospital No. 22 in France, and for three months at the American Women's War Hospital, Paignton, England, has now joined the Canadian Medical Corps for service until the end of the war.

Mary A. Diamond (Class 1915) is at the Infants' Hospital as head night nurse.

Eleanor Gregg, graduate of the Administration course, is now superintendent of the Infants' Hospital, Boston, Mass.

Miss Louise C. May has presented the training school with an interesting war poster by Spencer Pryse. It is called "The Stretcher Bearer," and was sold to help the Belgian Relief Fund. Miss May had the photograph handsomely framed, and it is now hung in the large reception room of the new Home. It is a picture that will be more and more valuable historically and artistically as time goes on.

Thanks are due Miss Minnie Hollingsworth for having given us the missing reports and QUARTERLY RECORDS, which we needed to complete our hospital files.

The orderlies have been put under the supervision of the training school department. The course is being planned to give the men a two years' training as attendants. An affiliation with McLean Hospital will give the graduates of this attendants' course (during which time they are to be instructed as thoroughly as possible in the nursing work such as devolves upon male nurses in general diseases), a post-graduate opportunity whereby they can take up more advanced work and after a year's training receive a diploma, which will enable them to register as trained nurses. Some good candidates have applied for the course, and it is hoped that a higher grade of service will result from this new department.

Ward F was completed early in February, and is most attractive in its present condition. It will accommodate about thirty patients when in full operation. Ward A will probably be completed and occupied by the time the QUARTERLY appears.

Three of our brides were present at graduation: Mrs. Lyman Barton (Aethel Dodge, 1914), coming on from New York; Mrs. Matson Tinker (Bernice Ettinger, 1913), from Portland, Me.; and Mrs. G. G. Byrnes (Eva C. MacDonald, 1909), from Brookline. Mrs. Byrnes is now teaching a class "Home Nursing and First Aid," under the auspices of the Red Cross. The classes are held in the new Home classroom twice a week.

There are still two photographs that were taken in the amphitheatre at the time of our reunion, which can be had for \$1.50 each, if anyone wishes them.

Miss Ellen Conrick (1915) has accepted the position as assistant superintendent at the Plymouth Hospital, where Miss Katherine Hurley (1909) recently went as superintendent.

Miss Sue L. Urquhart (1914) is working in the American Ambulance at Paris.

Miss Lucy M. Fletcher (1888) has recently come into the Alumnæ and is in touch once more with nursing interests, after having abandoned them for some years to take up the profession of teaching. Miss Fletcher has retired from active work and spends her summers in Stow, Mass., and her winters in Cambridge. It is very pleasant indeed to have the old graduates returning.

Miss Alice R. Job (1888) is another who, although living in Youngstown, Ohio, and separated from her old friends and those who would be new friends, has become a life member of the Alumnæ, and is interested in the scheme of endowing the training school.

THE SPLENDID SERB

"By your old men's bones on the mountain,
By the blood of your youth in the plain,
By the tears unshed for your holy dead,
By the children of your slain,
Ye who fought till no fight availeth,
O Serbs! 'tis the hour to shield
All that is left of your people—
The hour to yield!"

Hark! on the hill-winds ringing
O'er the thundrous drone of war,
From the snowy height of Kara Dagħ
To the valleys of Vardar,
The splendid Serb has answered
From a patriot's soul of flame,
"Better to die in honor
Than live in shame!"

"It is said . . . it is done. Till we perish
We fight and we ask not why,
Back from our blacken'd homes and fields,
Till we've nothing left but the sky,
Till the last, last man on the last lone hill
Shall cry as death calls his name:
'Better to die in honor
Than live in shame!'"

O world of men and sorrows!
In words of immortal light
The whole of the art of living,
The creed of eternal right
Comes down from the Serbian summit,
For each man's soul the same:
"Better to die in honor
Than live in shame!"

—James Bernard Fagan.

IN MEMORIAM

On February 6, after a long illness, Miss Alice A. Gorman, Class of 1889, died at the Presbyterian Hospital, New York City, where she had been a patient since October. Burial was at Merrickville, Ontario, Canada, her former home.

After gaining experience as a head nurse at Touro Infirmary, New Orleans, La., and at St. Luke's Hospital, New York City,

Miss Gorman did private nursing for several years in New York City, and proved very successful in this field. She was superintendent of nurses at the Mercer Hospital, Trenton, N. J., at the Bridgeport Hospital, Bridgeport, Conn., at the State Hospital at Warm Springs, Montana, at the Baptist Hospital, Memphis, Tenn., and she was superintendent of the Grady Hospital at Atlanta, Ga., of the Lawrence General Hospital, Lawrence, Mass., and of the Titusville Hospital, Titusville, Pa.

She had distinct ability in reorganization, and usually her genial personality won the support of her co-workers, enabling her to accomplish more in a short time than is usual. She was one of the two students of the first class in hospital economics at Teachers College, and was afterwards assistant superintendent of training school at the Massachusetts General Hospital for two years. As a teacher her thorough knowledge of detail and her clear and simple presentation of a subject, added to her enthusiasm, had the happy power of illuminating for her pupils some of the subjects which had previously been practically valueless because an intelligent interest in them had not been aroused. Her ideals of life and work were ever of the highest; her judgments were tempered by mercy. We may say of her that she lived to make life less difficult for others. To a large circle of friends her death means deep sorrow and irreparable loss.

BIRTHS

On December 4, to Mr. and Mrs. L. A. Conlon, a son. Mrs. Conlon was Claire O'Connor, 1907.

On January 3, to Dr. and Mrs. George W. Morse, a son, George Morse, Jr. Mrs. Morse was Jean F. Macpherson, Class 1911.

On January 3, to Mr. and Mrs. G. A. Dorr, a daughter. Mrs. Dorr was Helen R. Neal, 1908.

On January 25, to Mr. and Mrs. George Washington Skipper, a son, George Washington Skipper, Jr. Mrs. Skipper was Catherine G. Gaynor, 1913.

DEATHS

On December 16, in New York City, of pneumonia, Eliza H. McLean, Class of 1891. Miss McLean did private nursing in Boston for twelve years, and was one of the charter members of the Boston Nurses' Club. For several years she was superintendent of the Wright Memorial Hospital, Fergus Falls, Minn., and at one time was registrar of the Central Directory, Baltimore, Md. Burial was at her home in Kentville, Nova Scotia. The relatives of Miss McLean have the heartfelt sympathy of all her friends and acquaintances.

On February 6, Alice A. Gorman (1889), an Alumnæ member, who had been ill with a serious heart condition for many months, died at the Presbyterian Hospital, New York City, after having been a patient there since October. She had held many hospital positions, and everywhere was deeply appreciated by her pupils and all older graduates as they came to know her well. The QUARTERLY extends sincerest sympathy to Miss Gorman's many friends and relatives.

BOOK NOTICES

THE HOUSE ON HENRY STREET. Lillian D. Wald. Henry Holt & Company, Publishers.

The nation at large has cause to be grateful to the Henry Street Settlement, and to Miss Wald in particular, for her account of twenty years' endeavor to stem the tide of evil in the development of municipal conditions, especially in regard to young life. The origin of many reforms may be traced from her carefully prepared statistics, which contribute to the enlightenment of those who read the book for the sake of reaping benefit from the rich experience of the Settlement workers connected with the house on Henry Street. Few people have any idea of the work which has been, and still is waiting to be,

done in large cities like New York, and in the rural districts. The Settlement life was begun in faith. How this faith was rewarded by comprehending persons thoroughly in sympathy with the aims of the movement is referred to all through the book with expressions of gratitude for the "understanding co-operation." Only a determined and persevering sense of vocation could have enabled these pioneer workers to face the difficulties encountered. Not only these qualities have been needed, but circumspection first to detect the wrong, and intelligent and tactful insistence on the rights of humanity—of the children in particular. In the initial chapters may be found a history of conditions as they were twenty years ago. This first picture reveals an "indifference, almost contempt," for these conditions on the part of the legislature, and the "dumb acceptance" of a huge population.

To enumerate a few of the great undertakings of the Settlement. First, a course of instruction in home nursing was outlined, adapted to the needs of the community, and given in the present headquarters. Many lines have radiated from this central beginning—instructive district nursing, school and public health nursing, legislation relating to the same having been secured as early as 1897. Milk stations were established, and there naturally developed out of these early efforts a study of infant mortality and blindness. Today schools of midwifery testify to the success of the methods used to reduce both. There were several "constructive programs" which the people themselves helped to evolve out of their own hard lives, and which invited legislation; while connection with the board of health tended to lift the general aim for public welfare out of "charity," and to bring out the self-respect and true independence of the people. Child hygiene, child labor, the anti-tuberculosis movement, playgrounds, camps, and other fresh air agencies, educational progress for the child, both native and foreign born, study rooms, scholarships, tenement house reform, insurance and widows' pensions, industrial and economic measures—the mere mention of these departments of the Settlement's cam-

paign for human progress give but a faint idea of the many-sided relationships and the extent of influence which emanated from these attempts toward communal health and the well-being of a people struggling to maintain a foothold in society. In the starting out on such a mission all was an "unexperimented venture." Consecration was manifested by a desire to serve the community. Though popularly known as the Nurses' Settlement, the corporate name is the Henry Street Settlement. Since 1895 the mighty stream has been joined by tributaries which now flow onward as one current, viz.: by municipal and state aid, and by the responsive coöperation of the people, composed of Americans and many other nationalities who have come to our shores with the great influx of immigration. Great social forces have been put in motion which the author says cannot be adequately presented in her history of the movement. Her book will prove of lasting value in setting social standards.

THE BABY'S FIRST TWO YEARS. Richard M. Smith, M.D., Assistant in Pediatrics, Harvard Medical School; Assistant Visiting Physician, Children's Medical Department, Massachusetts General Hospital, Boston, Mass.

This little book should be in the hands of every mother. It contains valuable information concerning the *well baby*. It is divided into three parts, the first and second parts give definite rules for the care and feeding of infants up to two years of age. Dr. Smith particularly emphasizes the location and ventilation of the necessary normal development, bottle feeding, breast feeding, diet to two years of age, stools, habits and training. One chapter in this book will be particularly interesting to mothers who are in the habit of traveling with their children, entitled "How to travel with a baby." In a clear, precise way, this little book tells a mother everything she need know. The price is seventy-five cents at Houghton Mifflin Company, 4 Park Street, Boston. On

sale at all bookstores and at the book counters of department stores. The proceeds of the sale of this book will be devoted to the work of the Milk and Baby Hygiene Association of Boston.

A HILLTOP ON THE MARNE. Mildred Aldrich. Being Letters written June 3 to September 8, 1914. Houghton Mifflin Company.

We know now that the Battle of the Marne was the early decisive battle of the great European war. No picture of that first call to arms and the distant battlefield within hearing of the house on the hilltop could be more vivid. The author had barely become settled in her "House of Quiet" when she, too, with all the world, was called upon to yield the ministry of self-sacrifice. This she did so spontaneously that it pointed to characteristics deeply planted in every noble breast of patriotism and loyalty to true principles of a country's defense.



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



JUNE, 1916





MASSACHUSETTS GENERAL HOSPITAL NURSES AND SOCIAL WORKERS IN PREPAREDNESS PARADE

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital
Nurses Alumnae Association



THIS MAGAZINE IS PUBLISHED THE WEEK OF THE FIFTEENTH OF
MARCH, JUNE, SEPTEMBER AND DECEMBER

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, Massachusetts General Hospital.

Secretary, MISS EDNA H. HARRISON, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 27 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumni Association

VOL. VI

JUNE, 1916

No. 2

EDITORIAL STAFF

MISS HELEN WOOD, *Editor-in-Chief*, Massachusetts General Hospital.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS C. M. PERRY, Malden Hospital, Malden, Mass.

BUSINESS MANAGEMENT

MISS SALLY JOHNSON, *Business and Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MRS. JOSEPH GODSOE, *Assistant Business Manager*, Somerville, Mass.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Sally Johnson, Peter Bent Brigham Hospital, and all other communications to Miss Wood, Massachusetts General Hospital, Boston Mass. Matter for insertion in the RECORD must be in Miss Wood's hands upon the first of the month of publication. Write legibly on one side of the sheet only.

PRESS OF CAUSTIC-CLAFLIN CO., CAMBRIDGE

THE great Preparedness Parade, which held the interest of all Greater Boston on May 27, had a goodly representation of doctors and nurses. Our section was headed by Boston City Hospital physicians and surgeons, followed by Boston City nurses. Then came the Massachusetts General Hospital doctors and nurses similarly arranged, followed in turn by the Homœopathic Hospital group. Behind them marched first doctors and then nurses from other hospitals in the state—the latter three hundred strong. The fifty nurses from our own school included those from the Eye and Ear Infirmary, and were led by Miss Parsons; and in spite of Beacon Hill and the cobbled streets chosen for the march, the enthusiasm never wavered.

The QUARTERLY has secured a photograph of our own group of nurses, with whom marched some of the social workers of the hospital.

Graduations.—We have been most kindly remembered with many invitations and announcements of graduations this spring. Among those of special interest were the exercises of the training school of Miama Valley Hospital in Dayton, Ohio, of which Miss Harriet Friend (1904) is the head (Dr. Charles P. Emerson, dean of the Indiana College of Medicine, gave the address); of the Burbank Hospital, Fitchburg, Miss Josephine E. Thurlow (1909) superintendent, where the address was given by Dr. Scudder; and of the Children's Hospital, Boston, where Miss Elizabeth Sullivan (1913) is superintendent of nurses. Miss Parsons made the graduation addresses at the Faulkner Hospital, Miss E. I. Cox (1909) superintendent, and also at the Clinton Hospital, of which Miss Marion B. Dibblee (1898) is in charge. We also have on hand the report of the training school of the Children's Hospital in Portland, Maine, where Miss Virginia Kennan (1915) succeeded Miss Leona Forsythe (1910) as superintendent of nurses.

Nightingale Memorial.—Of special interest at this time is the recent unveiling by the Queen of England of a memorial tablet to Florence Nightingale in the crypt of St. Paul's Cathedral, London, among the tombs of warriors. The memorial—by Mr. Arthur G. Walker—is a low relief in white marble representing Florence Nightingale, in half length and wearing the familiar cap, holding a cup to the lips of a wounded soldier. The only inscription besides the name and dates, is above the plaque: "Blessed are the merciful." The address on this occasion was given by the Archbishop of Canterbury.

Red Cross Classes.—During the winter, through the courtesy of the hospital, several of the numerous Red Cross classes in first aid and home nursing have held their meetings in the nurses' classroom. These classes, although in no way connected with our

hospital work, have often been conducted by members of our staff or Training School Alumnæ; and it is from them that our M.G.H. Unit will draw its nurses' aids if the need for such arises. Some of those who pass the examination at the end of course will be given a short term of practical experience on our wards this summer. This is to give them a better idea of the work expected of them should they be called out with the Unit, and also prove their fitness. There is much discussion and conjecture as to the real value of these Home Nursing courses, and we have had little opportunity to prove any arguments for or against them. That the situation is of interest is shown by the fact that it has given the subject for discussion at the next annual meeting of the State League for Nursing Education on June 13.

Alumnae Meetings.—The principal subjects under discussion at the last few alumnae meetings have been the endowment of the training school and the redistricting of the American Nurses' Association. As a result of Miss Parsons' enthusiasm a campaign has been started to obtain a substantial endowment for the school. At the March meeting Miss Lydia Holman entertained us with an interesting account of her work in the mountains of North Carolina. The May meeting was held at the Peter Bent Brigham Hospital, where we were the guests of Miss Hall for tea. Most of the meeting was given over to Miss Johnson's very interesting report of the convention at New Orleans. A nominating committee for officers for next year was appointed.

Concerning the Hospital.—The new buildings are continually growing. Wards F and A—the former now a second story to A—are in full running order with increased capacity, and located on the site of old Ward B, which has ceased to exist. The new private ward being built along Charles street has stretched its six floor framework into the air—and still grows. We are expecting it to be the best equipped private hospital in the country, and it will fill a long-felt want in our hospital life. The new Administration Building begins to suggest the finished product,

and we are looking forward to moving into it in the fall. (Query—Will the training school office know how to exist in anything more than a “two-by-four”?) And then, unsatisfied, we look forward to the early appearance of another new nurses’ home, a research ward, and remodeled medical wards.

The tent wards opened nearly two months ago in a snowstorm with ten male surgical patients. That number has increased to forty, and toward the latter part of May was supplemented by the children’s ward with twenty patients. Nurses and patients are enjoying this camp life despite its inconveniences, and the results are most satisfactory.

During the reconstruction of the “isthmus” and connecting corridor to the new private building, the old entrances of Wards D and E have been temporarily closed, and a new approach made at the opposite ends by a lengthy board walk running between C and D, leading across the front of the Thayer and finally entering E from the Charles street entrance.

To accommodate the entering fall class the Charles street houses will be opened again this winter. We have already outgrown two nurses’ homes!

The Sick Relief Association is planning for some sort of an entertainment this month in order that they may add to their treasury. The form of entertainment seems still to be a secret; but they promise us and our friends a good time, and in return ask our contributions toward a cause which is bound to be of interest to all loyal alumnae.

EXCHANGES

We gratefully acknowledge exchanges from the alumnae associations of the following hospitals: Johns Hopkins, Baltimore; German Hospital, New York; New England Baptist Hospital, Boston; Presbyterian Hospital, New York; Methodist Episcopal Hospital, New York; St. Luke’s Hospital, New York; and New York Hospital, New York.

In the first we find an article of peculiar interest to us at present, a letter from the Training School Endowment Fund Committee to their fellow alumnæ; and we make bold to quote.

“Why do we need to take this step—you may ask—why is not the old system all that is necessary? Because of the loud and insistent call from the public for nurses equipped with a training that a few years ago was not dreamed of. The school should meet this demand, but under the prevailing system it is not possible for them to do so. Up to the present time schools of nursing have had to rely upon the hospitals with which they are connected for almost every dollar that has been spent. But the hospital has its own problems, and new demands to meet. It has not always sufficient money for its own needs, and cannot, therefore, do more for the school than it is already doing. There is, in fact, hardly a school in our country that is not in actual need of the most ordinary equipment for its educational requirements, and although the superintendents of nurses realize this, yet they know they may not ask for further expenditures. For their actual work as schools, usually no definite financial provision is made. Even in the very best schools the appropriation for equipment and instruction is so small as to be negligible. The hospitals can always provide for the students of the schools of nursing the fullest opportunity of work among the sick in the wards, the clinics, and the operating rooms. They can give them that kind of experience which is absolutely essential for their education as nurses, but they cannot in a thoroughly adequate manner do all these things without a larger expenditure than at present seems possible. Essential and indispensable as they are, these rich opportunities for practical training which hospital wards offer cannot be properly utilized by students who are working under unfavorable conditions. Daily and nightly periods for ward work should be short, living quarters should be comfortable and not crowded, food should be nourishing and appetizing, and in every hospital there should be a larger staff of expert teachers of practical work in the wards. It is our belief, in short, that the proper maintaining of a school is not

merely the question of formal instruction, but deals also with the conditions under which that instruction is to be applied.

All indications point to a greater and constantly increasing demand for more highly trained nurses, and the schools must have their own funds to enable them to meet this call.

What, then, should be done? What steps should be taken? Why should not schools of nursing be considered in the same light as colleges and other professional schools which aim to fit women for special work in life? They should be so considered. How are these schools meeting their problems and demands of the present day? By endowments and various forms of state and municipal aid. How are these endowments raised? By soliciting funds from the public, from friends, and very materially, as the reports of the colleges show, by the efforts of the graduates. This, then, must be the solution of the problems of schools of nursing, for they stand today as educational institutions supported largely, and in most instances entirely, by the labor of the students. The Alumnæ must see to it that future graduates are properly equipped for all the varied kinds of work demanded by the exigencies of the day, and not left to the make-shifts of our times of culling bits of special training here and there. Such methods are a great economic loss to the nurse, to the country and to the work that is waiting to be done."

We congratulate the Johns Hopkins alumnæ on their initial success in raising their endowment, and hope that our own may soon assume like proportions. Our results will depend upon our alumnæ—their gifts, but even more, their interest and effort.

THE NEW ORLEANS CONVENTION

DELEGATE, SALLY JOHNSON, CLASS 1910

IT seemed to be the unanimous opinion of all present that we had never been more adequately accommodated, more hospitably received, our wants more carefully supplied, nor the weatherman more kind than during our stay in New Orleans. Nothing but weeks of careful planning and of hard work could have accomplished such an excellent result.

The nurses of the southern states contributed money which made many pleasant features possible. Among them the afternoon cup of tea which, after a strenuous day, was most refreshing, and made for sociability. Then the Charity Hospital nurses chartered a river boat for three hours one afternoon, and from it nearly every member of the convention saw the mighty Mississippi.

But the charm of it all was the way these nurses gave of themselves. They certainly live a training school maxim—"Anticipate the need." From the first to the last moment of our stay, they were always at our service. Not only were our probable needs anticipated, but any unexpected need was hardly born before it died. If a window rattled, a carpenter appeared; if a section meeting became overcrowded, some one told us that a larger room had just been vacated. Not once did I see the need of a member standing at the general meetings.

When the convention comes to Boston we shall need to look well to our laurels. Anticipating its coming, I tried to find the secret of their success. I decided it was largely due to four things: (1) Southern hospitality, which is inborn; (2) A very great desire to have the stimulus of such a convention brought to their section; (3) Many of the local nurses evidently gave their entire time to the conventions just as those of us did who went from long distances; (4) The unusual accommodations of the Hotel Grunewald. It certainly was a large piece of work

well done, and every member of that National Congress is and has a right to be proud of her Louisiana sisters.

Just here I would mention the creditable work of the program committee. This year's schedule proved that we are learning how to dovetail the programs of the three organizations so that the best of every one is available. Joint meetings were frequent, showing the organizations are aware of their interdependence.

Among those who have never been at such a meeting, I wish I could create a desire to go that would be so insistent that only attendance would satisfy that desire. Here at these meetings one meets the rank and file, and finds their daily problems much the same as one's own; but perhaps each woman has found the solution to just one of those problems, and so in the general give and take each gets a sum total of help which is very much worth while.

Here one finds the advance guard of the newest trend in nursing affairs. Here is the birthplace of new aims, new working plans, new fulfilments. Here aspiring women lay down some of their burdens and pick up new encouragement. Here we feel the delight, and strength, and inspiration of touching shoulders with our kind. With utter abandon we forget our individual responsibilities and give ourselves up to a professional feast. For with practically no effort one cannot fail to absorb much from the deluge of able papers, while with a little effort one can get a wealth of information, and if one really applies herself, a convention of this kind can be a liberal education in nursing affairs of the day.

At no other one place does one find such a number of our leaders—and after attending these conventions one says, "our." One soon admires these women and for many of them develop a personal affection. We are fortunate to possess such women and we appreciate the personal sacrifice which many of them make in order to take up the heavy responsibilities of our national societies in addition to already over-busy lives.

It surely is very gratifying to Boston nurses to feel that two of the three national organizations have selected their respective

presidents from their midst. Miss Parsons is the newly-elected president of the National League of Nursing Education, and Miss Beard of the National Organization of Public Health Nursing.

To report at length the many papers of the convention one would need to be an expert typist. That, however, is not the function of this article. The papers of the A.N.A. will be reported in the *Journal*, of the N.L.N.E. in the usual book form, and of the N.O.P.H.N. in its *Quarterly*. Certain features, nevertheless, are of particular interest to us and our own magazine seems the most fitting place to refer to them.

In connection with the report of the collegiate committee, statement was made that colleges and secondary schools were frequently willing to have a speaker upon the nursing profession, but so far it was difficult to obtain speakers. It also seemed evident that we need a small pamphlet considering fields of nursing. The booklet, "Opportunities in Nursing," with which we are familiar, being rather too long for the casual reader, it being easily laid aside for a more convenient season.

The revision of constitution and by-laws was a subject of prime importance. It occupied a two-hour meeting Friday morning, two adjourned meetings, not to mention round tables. The need of change has been explained in the *Journal* and discussed by various alumnae associations. The Board of Directors was authorized to secure a national charter, which seemed the best solution of our problems.

The question of making these conventions biennial was discussed. It seemed that this might strengthen the state associations and give time for those doing the heavy part of the work to recover from one meeting before time to begin on the next. It would give a chance for nurses who are also hospital superintendents to go to hospital superintendents' conventions, and for public health nurses to meet with associated charities and other allied associations. It was voted to make these conventions biennial, beginning 1918.

Saturday afternoon's session was on private duty nursing. There were excellent papers; one of much interest was on yellow

fever by a New Orleans nurse. Later in the week a section on private duty nursing was formed, with Miss Ott of Illinois as chairman.

"Libraries in the Hospitals" was a subject considered, and during that hour there was a most interesting and instructive paper by Miss Jones, librarian at McLean. Miss Jones told us that nurses were the worst offenders in the use of hospital libraries, and that one could frequently tell which nurse was used to books in her own home by the way she used library books. Someone asked if a way had been found to keep magazines in the library. A member answered, "Yes." "Do you chain them?" inquired the chair. Again the answer, "Yes."

Monday afternoon brought us to "The Mental Hygiene Movement and the Training of Nurses for Mental Work." Because of the large number of McLean nurses an attempt was made to get the main papers of the afternoon. The following is quoted from the paper of Miss Thompson, superintendent of Mental Hygiene Society, Chicago, Ill. "From the campaign of these societies we hope for education which will bring better hospital care, enlightened legislation, stimulation of research, and prevention of mental breakdowns in those forms of mental disease of which we know the cause. . . . Well-trained nurses are needed for the movement. These nurses should have training in caring for the mentally and physically sick, and have social service training. . . . We need these women for after-care of the individual who has been discharged from the hospital and must readjust himself to normal living or find employment; for the border-line case, the individual not yet broken mentally who must be taken to clinic or physician for examination and advice; for the so-called constitutionally inferior individual who is in need of direction and supervision. To meet these needs she may even have to assist in establishing clinics, enlist the interest of the state hospital, and of physicians, and she will probably find it necessary to establish an occupational department."

From a paper by Miss Arnstead of Ogdensburg, N. Y., the following is quoted: "To the junior nurse at least the care of the physical case is certainly more attractive. Mental cases re-

quire a good deal of insight and study before they hold the pupil's fascination as do the accidents and the clang of the ambulance bell. In a measure the reason for this is too little emphasis laid upon the mental case in mental hospitals. To the young nurses there oftentimes seems little reason for the patient's being in the hospital; she is up and about, eating well, apparently enjoying life, no chart is kept for her, and no visible treatment given. This naturally is not her conception of nursing, and can we blame her? When a fracture enters our wards a clinic is held while the surgeon explains the symptoms, signs and treatment; but of the mental case little is told her. She makes her own observations, be they right or wrong; she never sees a history and consequently is unfamiliar with the condition of the patient."

"Are we, as a special hospital giving our student nurses the knowledge they require regarding the patients they spend years learning about? Are we making preparations to supply the demand for the well-equipped psychiatric nurse? Or are we deceiving ourselves and the young woman whose professional career is being charged to our account?"

Indeed the field of mental nursing is vast and white for the harvest, and few are the harvesters. A section on mental nursing has been formed and there will be farreaching results from this organization.

Tuesday evening's open meeting was under the auspices of the League, the subject being "Problems of Nursing Education." The first paper was "Some Educational Problems of Mutual Interest to the Physician and Nurse," by Dr. Nattas, Department of Surgery in Tulane University, New Orleans. It was apparent that Dr. Nattas had spent much time acquainting himself with the activities in the newer nursing fields. His appreciation of the nurse as a direct aid of the physician and as an aid to suffering humanity was keen. His welcome was cordial, his courtliness delightful.

The second speaker of that evening was Dr. Dixon, president of Sophie Newcomb College, the women's college of Tulane. He was without notes, yet he spoke with rare wisdom. One

felt him to have a strong faith in human nature, and he radiated kindliness. In reference to requiring more education of the training school applicant he said, "There will be no high excellence in any specialty until there is a broad foundation of general culture, until the person is trained to be in sympathy with broad humanity and knows something of the deeper human relationships, until the viewpoint is expanded, until there is power of induction and deduction, until there has been an introduction into the great minds of literature, or until one's life is oriented."

Coming down to the specific he mentioned as essentials: biology, not human only, but plant and animal; chemistry of foods; psychology; a foreign language.

"Given all these," he said, "you cannot but compel recognition as skilled members of an advanced profession."

In closing Dr. Dixon reminded us that the world has had a military age, a scholastic age, an industrial age, but now is dawning a great passion for humanity—a humanitarian age. "It is the blessed privilege of the nursing profession to give this new age an uplift."

The last paper of that last evening was Miss Nutting's "The Ideal Training School." This paper will surely be published later—and contains valuable information along lines of training school betterment.

Wednesday, the last day of the convention, was largely given over to the finishing of business. The last thing on the program was the consideration of invitations for next year. There were many, but ten from Cincinnati and thirteen from Philadelphia led. This is the third year Philadelphia had invited us, and all points considered, that city seemed the logical meeting-place for next year. The convention of 1916 was, therefore, adjourned to meet in Philadelphia in 1917.

With that adjournment came the close of a week teeming with good fellowship, productive of real friendships, a week where much information was absorbed, and where all were fired with fresh enthusiasm.

For the privilege of sharing all this, and for much more that your delegate cannot express, she owes a debt of gratitude to her superior officers of the Peter Bent Brigham Hospital, and most of all to her Alumnæ Association. From the bottom of her heart she thanks you.

A RECENT NURSING ORGANIZATION

THE Industrial Nurses' Club, which was organized in October, 1915, and which holds its monthly meetings at 3 Joy street, Boston, adopted its constitution and by-laws at the recent meeting, March 14, 1916, Miss Nathalie Rudd (M.G.H. 1911), president (of the Plimpton Press, Norwood), presiding.

The objects of the club are set forth as follows: To discuss problems relating to the health and wellbeing of workers in industry, particularly those problems of hygiene, sanitation, etc., which come within the province of the nurse.

To develop, through discussion, an efficient and practical standard for the nurse in industry, including the personal and professional qualifications of the nurse; the methods of furthering "prevention" of illness.

To stimulate, through the work of the club, not only the enthusiasm of its members, but the interest of the general public and particularly of employers to a fuller understanding of the value of the work of the nurse in industry.

Any nurse, who is a graduate in good standing of a recognized training school and who is engaged by a corporation or by an individual in the interest of his employees, is eligible for membership, and will receive on request an application for membership form by communicating with Miss B. Magee, Secretary-Treasurer, 215 First street, East Cambridge, Mass.—*American Journal of Nursing*.

RED CROSS UNITS

AS the European war casts its shadow over the world it is interesting to see the effect that it has on our own portion of the country.

The Red Cross is putting in operation a plan formulated before the war; viz., the organization of hospital units in connection with well-organized civil hospitals in various cities.

It is proposed to organize these units with a sufficient staff to man a five hundred bed base hospital in time of war, and to have it in such a state of preparedness that within three days the whole personnel, with equipment, could be moved out for the field of action.

There is to be a director and an adjutant who assists him. All the usual departments are to be supplied with the best trained people available. The chief nurse is to have forty-nine graduate nurses on her first call enrollment, and twenty-five nurses' aids. There are to be twenty-five nurses and twenty-five aids as a reserve force. The director and adjutant are usually medical men with trained executive ability, and the personnel is so made up as to insure the most efficient and harmonious service. The equipment is to be furnished by public contribution, and will cost about twenty-five thousands dollars for each unit.

The nurses' aids must have had the Red Cross course in home nursing under a Red Cross instructor, and they are to wear a uniform designed at Red Cross headquarters. The uniform is to be a blue chambray with white muslin collars, cuffs, belt and a white shield on the waist. The aids are recommended to secure seventy-two hours' practical experience in the hospital wards each year.

All are signed on the muster-in roll for two years. When called out, the unit which has been organized under the auspices of the Red Cross is to be taken over by the army.

These units are now being organized by the Bellevue and Presbyterian hospitals in New York; Lakeside Hospital in Cleveland; Johns Hopkins in Baltimore; the Boston City and the Massachu-

setts General in Boston. A University Unit is also being organized in Boston, of which Dr. Harvey Cushing is director, Dr. Burlingham adjutant, and Carrie M. Hall, superintendent of nurses at the Peter Bent Brigham Hospital, is chief nurse.

Dr. Frederic A. Washburn is director of our M.G.H. column; Dr. Byam Hollings is adjutant; Dr. Richard C. Cabot is medical director; Dr. George W. Brewster is surgical director, and Sara E. Parsons is chief nurse. There has been a splendid response from the nurses and we have the first call enrollment complete of graduates in or near Boston at the present time. They are almost all quite recent graduates of our own school. There are two graduates of the Children's Hospital, two of the Homœopathic, and one of the Worcester Memorial on our first call enrollment.

There are thirty already on the reserve list, and some of our married graduates have volunteered to come into the Massachusetts General to fill vacancies which will occur if the unit is called out. As vacancies occur on the list, we shall need constant reinforcement of the reserve corps of nurses and aids, so we recommend all nurses to join the Red Cross.

Those who are pledged to the hospital units are exempt from general Red Cross service. We would urge that every nurse inform herself as to the Red Cross organization and appoint herself an enlisting agent for the national association, which should have a membership of millions. Every man, woman and child may be a member by paying one dollar a year. There is an interesting booklet issued by the Special Aid Society for American Preparedness. Its office is at 541 Boylston street. This society is affiliated with the American Red Cross and the National Security League to Enforce Peace. The president of the society is Mrs. Barrett Wendell; vice-president, Mrs. Nathaniel Thayer; and Mrs. G. R. Fearing, Jr., of 168 Beacon street is secretary. Readers of our RECORD are recommended to send for the booklet.

General information about the American Red Cross can be secured from Miss Julia E. Reed, 839 Boylston street, or from the Red Cross Nursing Bureau at Washington, D. C.

THE SICK RELIEF ASSOCIATION

THE Sick Relief Association began its year with a new organization. For some months the subject of incorporation has been under discussion, and the final legal steps have at last been accomplished. One of the first difficulties that arose was the fact that according to the existing insurance commission laws, the association, if incorporated, could pay no benefit to any member not actively engaged in nursing as defined by the law. This would make it impossible for many of our nurses to be eligible for benefits. Thereupon the association's lawyer sent in a petition to the Commonwealth with the result that the law now reads that "any graduate of a designated profession or vocational school" may receive a benefit. Two meetings were called before enough of the petitioners for incorporation could be assembled. After the matter had been legally concluded, the same officers were elected that held positions last year.

During the last year, the treasury of the association shows a gain of \$2,285.13 over the year previous; \$2,000 of this amount was the legacy left by Mr. Bowls. Eight new members have been added during the year. Three full benefits and one half benefit of forty dollars have been paid. Ways and means of increasing the funds of the association is now the subject of most vital interest.

MARY HAD A LITTLE LAMB

Mary had a little lamb,
Its fleece was white as snow;
And everywhere that Mary went
The lamb was sure to go.

IT is just one hundred years ago since the incident occurred. The heroine was Mary E. Sawyer, of Sterling, Mass., and Richard Kimball Powers, of Lancaster, Mass., was half-cousin of Mary Sawyer, and was at the school the day the lamb followed her there. He is one hundred and three years old.

According to Mr. Powers, the lamb in question was one of twins born in her father's stable. For some reason the ewe rejected one of them and little Mary Sawyer, then eight years old, reared it.

One day the little lamb followed Mary to school. The lamb was grazing in a field when Mary started. It was too far away for her to see, but Mary called, and the lamb, recognizing her voice, began bleating and at once came to her. Mary and her brother, Nathaniel, were well on their way when the lamb began following them. Mary wanted to take the lamb back home, but Nat said, "Oh, no, let's take it to school," and Mary consented.

When Mary and her brother reached the schoolhouse yard their teacher, Miss Polly Kimball, had not yet arrived. Some of the scholars were there, however, and these crowded around the new pupil. They were all much amused. Mary was in a quandary, for she did not wish the teacher to know the lamb was at school.

Then there was commotion among the children. They laughed and twittered and twisted and turned in their seats. It was a strange sight to see a lamb at school. Even the teacher could not refrain from laughing, but she soon composed herself, and, realizing that she must dispose of the lamb in order to maintain discipline among her pupils, she turned the little creature out of doors. It lingered near the door, however, and bleated for its little mistress. The teacher then allowed Mary to go out into the yard and place the lamb in the woodshed.

A young man whose name was John Roulstone, Jr., a friend of the teacher and a member of the freshman class at Harvard University, was visiting the school when the incident occurred. In order to commemorate an amusing event, he wrote and brought to Mary three days later the familiar verses of "Mary Had a Little Lamb."

The fate of the little lamb was a sad one. Mary's father had large number of cattle in his barn, and on Thanksgiving morning, 1816, Mary and her little pet were playing together at the barn, and the lamb, placing itself in front of the feed box, which

belonged to the cattle, was suddenly gored by a cow. The lamb ran instantly to Mary, placed its head in her lap, and in less than an hour it died, with her arms around it.

Mary lived on her father's farm until she was married to Mr. Columbus Tyler in 1835. Mr. Tyler was superintendent of the McLean Hospital for the Insane at Somerville, Mass., a suburb of Boston. She afterward became matron of this institution, which position she held for thirty-five years. Mary outlived her husband many years, and has for her residence the house which he had formerly owned.

When the patriotic women of Boston wished to raise money for the historic old South Church, which became financially involved and was in danger of being sold for debt, a public sale having been authorized to relieve its embarrassment, Mary took the stockings which her mother had knitted from the lamb's wool (and which she had never worn), unravelled the yarn, cut it into pieces of a yard and a half in length, wound it upon cards on which she had written her autograph, and sold the cards for twenty-five cents each. The stockings, thus converted into yarn, brought over two hundred dollars for the two pairs, showing the widespread interest the people had in those days in Mary and her lamb. Mary gave this money to the fund which saved the old South Church.

NEWS ITEMS

A letter from Mrs. N. W. Keyes (Alice K. Howard, 1893) has been received, telling about the work she and her husband are doing in Zululand, South Africa. Their postoffice address is Mseleni. They have thirty-six boys and girls in their school and the children are taught all practical household duties. Their hospital is described as follows:—

“A very neat and well-made building of three rooms. Number 1, the dispensary; number 2, size 8x16, is for special cases; number 3, size 16x16, is for general cases. The building is beautifully cool; it is thatched with the best thatch grass. The steam bath given by a friend in America is in great demand.”

They would like another for the house, and they are hoping to receive funds to build a cottage by the Indian Ocean near Emalangení, where they could go to get relief from the extreme heat. Letters are very welcome and are received unless the steamers carrying them are sunk.

Born to Mr. and Mrs. Maynard (Mary P. Jameson, 1909) a boy, on March 3.

Born to Mr. and Mrs. Frank H. Sheldon (Emily G. Hoar, 1907) a baby girl, Margaret Howard Sheldon, September 23, 1915. Mrs. Sheldon is now living in Suffield, Conn.

Married, Mr. John Wallace Fuller and Miss Mary Elizabeth Batchelder (1907) Thursday, April 27, 1916, in Lynn, Mass.

Miss Myral Sutherland has made a good recovery from her recent illness, but is planning for a few months' leave of absence from her arduous duties in her very busy and growing hospital.

Miss Elizabeth M. Jamieson (1904) has taken charge of the Cottage Hospital in Santa Barbara, Calif., having assumed her duties in May. She writes that the hospital is attractive and well equipped, that they have a nice home for the nurses, and a classroom furnished with Chase dolls and other teaching equipment. She has been most cordially received, and was given a tea by the County Nurses' Association. Much regret was felt by the nurses and her coworkers when Miss Jamieson left the M.G.H.

Miss Edna Harrison (1910) has been promoted to Dr. Washburn's staff of assistants, and is now occupied at the admitting desk in the front office.

Miss Alice Buchanan (1915) has taken Miss Harrison's place as assistant superintendent in the Out-Patient Department.

Miss Helen Haskell's friends were pleased to hear of her marriage to Mr. Harold Heald Freeman last February. Their home is at 83 Brattle street, Cambridge, Mass.

Marie A. Huber (1914) writes of a thrilling experience she had this spring while camping in the mountains about San Diego. "At dusk I took a lantern and milkpail and started off to get milk and eggs at a farmhouse two miles away. Thinking to save time and get back quicker I left the road and started across lots, lost my way among the hills, couldn't find the road again, nor get back where I started from. The fog was shutting in so nothing looked familiar, and I was wandering about in circles and had no idea where I was. I selected a eucalyptus tree which looked climable in case of necessity and, as the ground was wet, broke off a lot of sumac branches for a couch, and prepared to sleep while I was warm. I had no wrap of any sort and had on only a khaki skirt and waist. Sleep was out of the question and never has time gone so slowly! About ten it began to rain gently and kept it up till morning. I was soaking wet and nearly frozen. Many times I got up to exercise and nearly fell down, I was shivering so. I could hear coyotes howling in the distance. Daylight came at 5.30, and I started to walk in as straight a line as possible for somewhere. At 6.15 I arrived at the farmhouse I started for the night before, and the pleasing fact about the whole adventure was that I had no cold, nor any other ill effect from exposure."

The M.G.H. will be pretty well represented at Teachers College this summer. The following graduates are to take the summer course in the department of Nursing and Health: Anna-belle McCrae, Jessie E. Grant, Jessie L. Brown, Helen L. Redfern, Josephine Thurlow and Helen F. Fay.

Miss McCrae is spending the month of June resting in Wolfboro, N. H.

Hazel Gammon (1916), who assisted Miss McCrae with her January class of probationers, will substitute for Miss McCrae during the summer.

Caroline Plant (1911) has announced her engagement to Mr. Fred H. Cary of Brunswick, Maine.

Maud E. Retallick (1905) has been actively engaged trying to get a bill for registering nurses before the legislature of St. John, N. B.

Isabel Lumsden has been engaged by the Newark Eye and Ear Infirmary to organize an out-patient department in connection with their hospital.

Bessie M. MacMullin (1904), head social worker of the Columbus Society for the Prevention and Cure of Tuberculosis, gives an interesting report of her year's work. Her nurses have the supervision of the open-air school, and they instruct the mothers in the homes concerning the preparation of foods.

Our graduates may be interested to know that the historic brass trays that have been used for so many years in the hospital are being superseded by aluminum ones. Some graduates having expressed a wish to buy the brass trays, they are now for sale at \$2.75 each.

Josephine F. Drew (1889) has been having a pleasant trip through Southern California. While in San Diego she had an opportunity of hearing and meeting Mrs. H. H. Beach during Mrs. Beach's day at the Exposition. Mrs. Beach played all the accompaniments of her songs at the organ, and gave a piano recital at the Woman's Board Headquarters, and a short address previous to a special reception. Those of us who have heard Mrs. Beach, and who remember Dr. Beach, will know what a pleasure it must have been for Miss Drew to meet Mrs. Beach in California under such pleasant circumstances.

Endowment Fund:

| | |
|-------------------------------|-------|
| Previously acknowledged | \$621 |
| Jane F. Riley..... | 100 |
| Annabella McCrae | 100 |
| Alice R. Job..... | 50 |

| | |
|-------------|-------|
| Total | \$871 |
|-------------|-------|

| | |
|--------------------------|-----------------|
| Pledged \$200 yearly.... | Sara E. Parsons |
|--------------------------|-----------------|

| | |
|-------------------------|-------------|
| Pledged \$25 yearly.... | Alice Scott |
|-------------------------|-------------|

| | |
|-------------------------|---------------|
| Pledged \$12 yearly.... | Mary F. Emery |
|-------------------------|---------------|

Mary L. Keith (1888) attended the conventions with Eunice A. Smith (1902) and stopped a few days in Boston before returning to Rochester.

Letitia Gertrude Brookins (1912) and Dr. George Adams Leland, Jr., were married May 6, at 3 o'clock in St. Bartholomew's Church, New York City. Only members of the immediate families and a few of the most intimate friends were present. They are to make their home at 483 Beacon street, Boston.

Myrtle F. Danico (1915) was married May 22, 1916, at Hardwick, Mass., to Mr. Francis Alden Niccolls. Mr. and Mrs. Niccolls will be at home after October 2 at 52 Bradfield avenue, Roslindale, Mass.

Edith Hamblin (1914) and Margaret Marr (1913) will join the last Harvard unit in one of the French hospitals. They are expecting to extend their European service three months longer.

Harriet Phalen (1911) has succeeded to Mrs. Jennie M. Fontaine's position as superintendent of nurses at the Ohio Valley General Hospital, Wheeling, W. Va. Mrs. Fontaine has retired to private life.

Lelia H. Ashley (1911) graduates from the Sargent School of Physical Education this spring. Commencement exercises were held June 1.

Mina McKay (1907) has been appointed superintendent of the Natick Hospital, Natick, Mass. The hospital and nurses' home are well equipped and attractively located.

Virginia Hall (1893) has a position in the Out-Patient Department of the Peter Bent Brigham Hospital.

Christina Burns (1916) is assistant superintendent of the Faulkner Hospital.

Miss Cox, the superintendent, is very busy in connection with the obstetrical department which is being added to the hospital this spring.

The 1918 class gave a very attractive dancing party to the school and other friends May 23. The reception rooms were decorated with apple blossoms and lilacs. Several out-of-town friends came, and all agreed that the evening was delightfully spent.

Margaret Hoar (1908), Frances Barlow (1908), Victoria Mayer (1915), Birdie Lantz (1913), Mildred Milligan (1914), Jessie L. Jameson (1914), sailed for France May 20, with Dr. Hugh Cabot's Harvard Unit.

May P. Alley (1915) is assistant superintendent of nurses at the Psychopathic Hospital, Boston.

Mr. and Mrs. William Fairfield (Leona Forsythe, 1910) are being congratulated upon the birth of a son, Loran Bradford, born in Portland, May 15, 1916.

Miss Dibblee of the Clinton Hospital, and Miss Anna West (1911) are both patients in Ward C as this RECORD goes to press.

Margaret G. Reilly (1915) will be in charge of a summer cottage for children at Green Hill, Nantasket, this year. The cottage will be run in connection with the skin clinic of the Massachusetts General Hospital. Funds are contributed by Mr. E. B. Dane of Brookline.

Miss Parsons is putting into book form her series of talks to the seniors on nursing problems and ethics. We have had no such publication since Mrs. Robb gave us her "Nursing Ethics," and the book will be welcomed by both our training schools and our individual nurses.

Another book of great interest which has recently been published is on "Laboratory Technic for Nurses," written by Anna L. Gibson, assistant superintendent of the Huntington Hospital. Further report of this book will be made later.

Miss Grace B. Beattie (1893) and Miss Kleoniki Klonare (1899) are now at the hospital taking the administration course.

We are glad to hear that Miss Dart, who was taken ill on returning from New Orleans, is much improved.

BOOK NOTICE

THE PENTECOST OF CALAMITY. Owen Wister. The Macmillan Company.

Of all the sketches of the great war, the causes and state of mind leading up to it, this seems to be the most real, the most vivid. The picture is drawn by an eye witness. Mr. Wister's stay in Germany before the war, his intimate knowledge of the people of all classes, and the opportunities which thus came to him for making his thoughtful observations give the most valuable clues to many perplexing questions which neutral nations and individuals alike have honestly been trying to solve. He takes us back of the German philosophers—back of Napoleon—and points to the germination of certain traits and tendencies which finally become formulated into the connected whole—a place—the realization of which, after two years of warfare, is not yet attained.

Two books on the same subject which will appeal to many as coming from men closely associated with our Commonwealth are, Roosevelt's "Fear God and Take Your Own Part" (George H. Doran Co.), and Dr. Charles W. Eliot's "The Road Toward Peace" (Houghton Mifflin Co.), widely different in style and subject matter. They both lay out fundamental principles of our country's honor.

HOT WATER BOTTLES

THE question of Hot-Water Bottles for institution use is one of the most important and most frequent facing the superintendent. Not only must hot-water bottles stand real hard *use*, but they must also be so constructed that they will stand actual *abuse*.

Our "guaranteed" "Mahady" Hot-Water Bottle is built with this very purpose in mind. It is cloth inserted, full size and absolutely guaranteed.

Beside quality the price is important. We have contracted for these bottles in such quantities as to insure quality, uniformity and very low price.

The inconvenience of a poorly made bottle coming open in a seam or around the neck at a most inopportune time is only too well known to any one having to do with a hospital and sick room.

ICE CAPS

All that we have said of our Water bottles applies to our "guaranteed" Ice Caps. The guarantee means that if a bottle or ice cap proves defective we replace at once without argument as the same full guarantee is extended to us by our factory.

Quality in rubber goods is more necessary than in any other item used by the hospital, and while we emphasize *quality above all else* we also have in mind *price* and *service*. We have won the reputation as the "service store" and are doing all we can to maintain it. Let us send a sample order.

E. F. MAHADY COMPANY

SURGICAL AND HOSPITAL SUPPLIES

671 BOYLSTON ST. (Near Copley Sq.), BOSTON, MASS.



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association



SEPTEMBER, 1916



A GROUP OF AIDS AT THE HOSPITAL IN AUGUST

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital
Nurses Alumnae Association



THIS MAGAZINE IS PUBLISHED THE WEEK OF THE FIFTEENTH OF
MARCH, JUNE, SEPTEMBER AND DECEMBER

Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, Massachusetts General Hospital.

Secretary, MISS EDNA H. HARRISON, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 21 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumni Association

VOL. VI

SEPTEMBER, 1916

No. 3

EDITORIAL STAFF

MISS HELEN WOOD, *Editor-in-Chief*, Massachusetts General Hospital.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS C. M. PERRY, Malden Hospital, Malden, Mass.

BUSINESS MANAGEMENT

MISS SALLY JOHNSON, *Business and Advertising Manager*, Peter Bent Brigham Hospital, Boston.

MRS. JOSEPH GODSOE, *Assistant Business Manager*, Somerville, Mass.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Sally Johnson, Peter Bent Brigham Hospital, and all other communications to Miss Wood, Massachusetts General Hospital, Boston Mass. Matter for insertion in the RECORD must be in Miss Wood's hands upon the first of the month of publication. Write legibly on one side of the sheet only.

PRESS OF CAUSTIC-CLAFLIN CO., CAMBRIDGE

Ether Day always has something of special interest in store for us as October sixteenth draws nearer. This year the hospital expects to dedicate the new administration building, and already the building begins to assume the air of approaching completeness. All administrative departments are looking forward to the new offices, the doctors to their new quarters, and Treadwell Library to an adequate room for books with stacks and files for records. And nothing will be more appreciated than the large rotunda where the visitors to the hospital and friends of patients may wait without being crowded.

Miss Clara D. Noyes, the General Superintendent of Training Schools, Bellevue and Allied Hospitals, New York City, has accepted a position as associate with Miss Delano, who is in charge

of the Nursing Service of the American Red Cross. Miss Delano's position has been an honorary one without salary. The work has grown tremendously the past few years, and too much cannot be said in praise of the judgment, ability and tireless enthusiasm that Miss Delano has shown. Her devotion well deserves the appointment of one of the most able women in the profession as her associate; and we congratulate her on Miss Noyes' appointment.

Simmons College has recently established a new professorship that is of peculiar interest to the nursing profession. For over ten years the college has maintained a special course for the scientific training of pupil nurses or those about to enter training schools. This course of four months has been required of all first year pupils in both the Deaconess and the Children's Hospitals. Other hospitals have recommended it to applicants who were deficient in the sciences. The course is unusually good, and the interest of the instructors very helpful to the training schools; but both within and without the college there has been felt a very evident lack in the right kind of supervision of both the course and the individual pupils. This lack we feel is about to be met in the appointment of Miss Strong as assistant professor of Public Health Nursing. Miss Strong has been for two years one of Miss Nutting's assistants at Teachers' College, in charge of the department of Public Health Nursing; and it is felt that she is peculiarly fitted to do admirable work in this new field. She begins her work in Boston the first of October.

University Diplomas will henceforth be granted to graduates of the Cincinnati General Hospital who shall have taken the prescribed five years' course. This is due to the fact that the University of Cincinnati has formally taken over the Training School for Nurses as one of its departments. To quote from a Cincinnati paper: "By this act the vocational training work for women of the university is greatly increased, as nurses of the highest grade, to whom degrees will be awarded by the university, will

have fulfilled the requirements of a five-year course, including both regular nurses' training and academic courses in line with the profession. 'By doing this we will raise the standards of the nursing profession to meet modern requirements and also train workers for the public health service, now badly needed,' said Miss Laura Logan, head of the hospital training school, who appeared before the board to present the plan. Not all nurses will be required to take a degree, as a special diploma course of three years is also arranged for." We in Boston may naturally ask if the new appointment at Simmons shows a tendency in this same direction.

A College of Nursing in France is very significant at this time—first because it is to be founded in connection with the Edith Cavell Hospital, and secondly because Mrs. Bedford Fenwick, an English journalist, has been invited to act as nursing adviser to the French committee for the organization of both the hospital and college. Those hospitals are few in which schools of nursing have had places in their foundations; but they have always been strong institutions. France needs training schools, and the British nursing profession will know how to help and advise.

The recent epidemic of diphtheria at the hospital is still more or less of a puzzle as to its origin. However it may have been caused, it is most fortunate that no patient contracted the disease; those stricken were doctors, nurses and employés. Thirty-nine were sent to the South department, and of these twenty-seven were nurses. In addition to this number two nurses who had just left for vacations developed diphtheria after reaching home. The epidemic had come and gone in less than a week due to the careful regulation of quarantine and the vigilant oversight of the doctors in charge. Ward F was cleared and used as a detention ward for suspected cases, and we doubt if the routine of the South department was more rigorous than we saw practised in this ward. The School felt crippled for several weeks, and because of the shortage in nurses, three wards were closed. All but one are

reopened by September first, and the majority of the nurses have come back on duty warm in the praise and appreciation of the care and courtesy they received at the City Hospital.

NURSES' AIDS IN THE HOSPITAL

SARA E. PARSONS.

THE scheme of the Red Cross Committee for preparing suitable hospital units for service in time of war seems so admirable that all who are interested in efficiency and humanitarianism must be anxious to coöperate by making the plan a success.

As all the personnel are trained people, except the nurses' aids, the problem centres about these women who are willing, in such large numbers, to volunteer their services.

Where and how, and by whom, shall they be prepared for maximum usefulness?

At present the Red Cross stipulates that they must have had the Home Nursing Course, consisting of fifteen one and one-half hours of demonstration and theory in practical nursing methods.

The instructor must be a Red Cross nurse. After passing the Red Cross examination in home nursing, seventy-two hours of experience in hospital wards is recommended each year.

As the severest criticism of the old method of volunteer workers, both trained and untrained, was the diversity of methods and unharmonious elements thus brought together, it would seem that an organization of workers, created in times of peace, consisting of those who have been trained together and who are congenial, would inevitably produce the best results. Therefore, it follows that the aids ought to receive their training with the same doctors and nurses with whom they expect to work. This summer nineteen aids have had seventy-two or more hours in the Massachusetts General Hospital. There has been an effort to make the experience as educative as possible and at the same time to give the aids an idea of the hospital routine and the physical demands that would be made on them when on regular duty. They have preferred, and it has seemed best, that they should be

on duty the same number of hours as the nurses, excepting Sundays, when they were not asked to report for duty at all. Mrs. Kennedy's paper gives such a comprehensive report of her experience, which is fairly typical, that it is not necessary for me to elaborate on that side of it.

It was a harder experience for the aids in some ways than regular duty would have been, because we were not able to take them in residence on account of the congested condition of our dormitories. They were therefore obliged to live outside the hospital and several came from some distance, but were ready to report for duty at 7 A.M. promptly. While the young women all felt that they had received a great deal of experience, they all felt dissatisfied with the superficiality of their nursing knowledge, both theoretically and practically. On our part we found them earnest, intelligent, and teachable in the highest degree. They fitted into the hospital *régime* with all the enthusiasm of our "real probationers," and we are convinced that they are animated by a genuine spirit of service, which will make them very helpful if the unit is ever called out. We agree with them that a more thorough course would be more nearly ideal, both to prepare them for home nursing and as aids.

The ideal course would be such as we should like to see given trained attendants—A month of classroom drill in theory and practice which should include elementary anatomy, physiology, bacteriology, hygiene, invalid cookery, history of nursing and ethics. Following this, five months spent in the wards, accident and out-patient departments, would develop very good aids. It would not be as necessary for this class of women who are educated and alert to have textbooks adapted especially for them, as it would be for those who would study to be trained attendants. The latter class would be unable to grasp much that the aids could assimilate in a shorter time. It seems to me probable that for the aids, we could use some of the regular nurses' text books, omitting the advanced instruction. Such a six months' course as this, followed every year by a seventy-two or more hours of practice, would seem to me nearer ideal.

There are difficulties in the way of giving such a course. In the first place, the hospitals could not afford to do it unless the aids were willing to pay a tuition; and if they were willing, there are few hospitals that have classroom accommodations and a sufficient number of instructors to take on so much extra work. It is possible that in the future we may see institutions like Simmons' College, equipping themselves for such classes. After the preliminary month, most hospitals could manage to incorporate the aids for the ward experience. If the public can be guarded from the real dangers that would attend such an innovation as the introduction to the community of a lot of semi-trained nurses, the result ought to be extremely beneficial.

The few who have thus far trained as nurses' aids would probably never think of substituting their services where a trained nurse was needed. Very few of them have any idea of becoming professional nurses; but once such courses were generally established, it would be exceeding difficult to eliminate those who would apply for the sake of commercial purposes. When those who wish to work as trained nurses are *obliged* to take the state board examinations, and show that they have had the necessary preparation, in both theory and practice, then it will not only be safe, but wise, to give as much elementary training in nursing to as many candidates as are willing to take it.

As the matter now stands, with volunteers coming into our hospitals with the honest intention of fitting themselves as well as possible to act as nurses' aids, we hospital people have an opportunity full of splendid possibilities if we are wise enough to use it. If we are doing good, honest work in our hospitals and training schools, we have a chance to show these friendly, open-minded people what our hospital work really stands for, and what real trained nursing is, and the dangers of a misuse of partial knowledge. We should be able, through these friends, to correct many erroneous impressions that prevail among the laity. It is necessary, when they are in the hospital, to take great pains that they get accurate and intelligent ideas of the work, otherwise great harm might be done, for the time is so short that they cannot

possibly correct wrong impressions. Hospital work and nursing education ought to be greatly helped by this new influence that will be active in the community, and we hope that the aids will not only be our aids in time of war, but great aids in time of peace, and we also hope that the relation may be mutually beneficial and a partnership that will result in much good to the community as a whole.

REPORT AND RECOMMENDATIONS ON THE TRAINING COURSE FOR NURSES' AIDS

RAE BALDWIN KENNEDY.

THE first year's training required by the Red Cross for enrollment as a nurses' aid in the Massachusetts General Hospital Unit, I finished in June, 1916. It consisted of the Red Cross course in "Elementary Hygiene and Home Care for the Sick"—fifteen lessons of one and one half hours each in March and April,—and of hospital service, seventy-two hours in Ward F (male surgical) of the Massachusetts General Hospital in June. To this I was able to add two days in Ward 23 (female surgical) and two days in the Accident Ward.

The position and function of an aid, as I understand them, are epitomized in her title. She is to be an aid to the nurses of her unit. In the civil hospital during peace with its staff of graduate and pupil nurses, orderlies, housemaids, and other employees, there is no need for the nurses' aid. But the Red Cross hospital units are formed to meet the exigencies of war; and the military hospital under war conditions is of a special character. Offering no course of instruction, it cannot avail itself of the services of pupil nurses. On the other hand, its demand is liable to be greater than the country's supply of graduate nurses can fill, and it may at times be unable to secure employees for its non-nursing work. Consideration shows that a nurse in attending a case spends a great deal, perhaps the major part, of her time and

strength doing things which do not require her highly technical training, things which under her direction and supervision some one else could do. Here is the occasion for the nurses' aid; and the experience of European hospitals during the present war has amply demonstrated her usefulness. She is not a maid of all work, but she should not volunteer unless she is willing to spend her day washing dishes or laundering bed linen if necessary. She is not a nurse, and yet there may be emergencies when the nurses will want assistance of a very high order.

The training of an aid might be of almost any degree. Obviously the greater it is the greater the opportunity for service; equally obviously it can be less than a nurse's training—otherwise she would be a nurse, not an aid. For the sake of efficiency of the service and in order to obtain the best results from the necessarily limited amount of time and energy spent, I should like to make the following recommendations:

I. That the present scheme of giving a preliminary course of study (practical and theoretical in scope) followed by a period of actual hospital service be accepted as containing the best possibilities for the training.

II. That the amount of preparation required be determined in accordance with the desired results and not according to a surmise of how much candidates would be willing to undertake. The serious interest shown by my fellow pupils convinces me that there is no need to establish a low standard of requirements out of regard to their abilities or preferences.

III. That the preliminary course be planned especially for the training of aids, distinct from other courses of nursing or hygiene designed to meet other needs.

IV. That, in case the preparation for nurses' aids be lengthened or strengthened, this be done in the preliminary course, thus enabling the pupil to get the most from her hospital service later with as little tax on the hospital as possible.

V. That the candidates be under the tutelage of the hospital of their unit throughout their preparation, those volunteering

with (let us say) the N Hospital Unit, enrolling in an N Hospital preliminary course, taught N Hospital methods by some one familiar with them and approved of by the N Hospital Training School. (One of the Training School teachers, if possible, would seem the ideal choice.)

The scope of the practical work of the preliminary course is fairly evident. The list of subjects to be taught can be obtained by striking from those taught to probationers the ones of greatest technical difficulty, or, beginning at the other end, by building up a list from the simplest houseworklike duties of cleaning and tidying to include as many of those of a more strictly nursing character as possible. I have not compiled such a list, but later will give a list of the things I actually did do during my ward service. Allowing for the special conditions found in each ward, the subjects taken up in the practical work of the preliminary course and the work done in the hospital will cover virtually the same ground. I should recommend in regard to this practical work that after each subject had been clearly demonstrated there be opportunity for practice under rigorous criticism. Otherwise the demonstration is almost valueless.

The content of the theoretical part of the preliminary course is more difficult to determine. The field is so large and the time, even if extended beyond its present limits, so very short. My recommendations are these:

I. That the matter taught be chosen with the aim of giving the aid such knowledge that she will not be a source of danger to her patients and perhaps to herself and her associates.

(a) The aid needs information on the nature of germs and of germ diseases, on the methods and dangers of contagion and infection, on precautions and methods of disinfection. She cannot go into the interesting scientific depths of these subjects but she should have a practical understanding and intelligent and safe habits if she is to be in the hospital at all. This I cannot emphasize too much, because I do not believe that those who are trained in these matters realize how ignorant or how far from translating

their slight knowledge into practice many of the laity are. I have seen a novice at nursing disinfect her hands with thorough scrubbing in soap and hot water and soaking in bichloride of mercury, and then turn by force of habit to an ordinary towel to dry them before picking up the sterile instruments which had been opened up before her. I have seen another stoop to fondle a syphilitic baby on her way to prepare food for herself and others.

(b) The aid needs some generalized understanding of diet requirements and possibilities and an ability to read diet cards so as to avoid blundering as she carries food and drink into the ward.

(c) The aid needs to know something of the practical physics and chemistry of cleaning.

(d) The aid needs to know the abbreviations and terminology of the hospital so that she can act intelligently on instructions, whether spoken or written, also the names of all hospital equipment and the occasions on which it might be needed.

(e) The aid needs as a background for everything else as much knowledge as possible of elementary anatomy, physiology and hygiene.

(f) The aid would find useful and illuminating (though probably not absolutely necessary) some insight into the requirements and methods of camp (or improvised housing) sanitation.

II. That, if possible, an adequate text book be prepared in which the matter assigned for study be not only accurate, but definite, and pointedly stated, and written with its application to the conditions of a hospital (permanent or improvised) in mind; that in addition a list of books for optional reading be furnished to the class at its first lesson to stimulate wider investigation of subjects in which the class by its presence indicates an interest, and to give some vision of the immeasurable scope of the field.

Having completed her preliminary course satisfactorily the aid is ready for her term of hospital service and would find it to her advantage to take it as soon as she and the hospital can make it

possible. The present requirement of seventy-two hours in each of two successive years is perhaps adequate, although more could do no harm. The plan, as now permitted, of serving part days is justified for those with duties best not interrupted except under grave necessity, but I should recommend that all who can do so serve a full time (nine-hour) day, at least part of the time, breaking the week by entire days "off" if necessary.

In the closely organized life of the hospital a place is only now being made for the aid. Traditions are lacking. When the training of the aid becomes as much the expected work of a hospital as the training of nurses, she will have only to slip into the niche that awaits her. She can be definitely instructed on entrance as to her duties and privileges and her relation to the hospital and its personnel. That will simplify her problems. For the present she adapts herself to her environment, remembering that while her education as an aid is important (otherwise she would not be there) the regular work of the hospital is likewise important and has been for a long time. She is to learn all she can but to make as little demand on the energy of the hospital as possible and to keep her unaccustomed presence from interfering with the hospital routine, discipline and etiquette. She comes of course to learn and not to criticize either within or without its walls.

The aid does this hospital service, I take it, for three reasons: to practise and to see practised under actual conditions the things she has learned in her preliminary course, thus establishing correct habits, and developing speed and facility; to test herself to see if in strength, ability, and general qualities she is fitted for work in a war hospital; to imbibe what may be called a hospital sense. This last is important. Hospital standards, in the most fundamental matters, differ from the standards of the private home—no two of which are of course alike. What is clean or orderly in one is not in the other, and what in one is economy in the other is extravagance. These standards the aid needs to fix in her habits by actual contact with hospital conditions, where the reasonableness of the standard becomes evident. She needs a

familiarity with the demands of a hospital ward, with its arrangement and its daily routine. She needs a notion of the use and care of supplies and equipment and some foresight as to probable emergencies.

When the aid comes to the hospital, it would seem reasonable to put her at work that is as nearly as possible like that which she would be given in war service, and to assign her to a male surgical ward. I am not convinced, however, that the similarity is great enough to make it a determining factor, and that she could not to equal advantage go into a female surgical ward, or (and this opinion is not based on personal experience) into the medical wards, either male or female. Indeed, because of the great amount of work done by orderlies in the male wards in some hospitals the aid gets a more thorough experience in the female wards. Although the first ward to which she is assigned will make the strongest impression on her, it is perhaps advisable to divide her time between two or more wards, thus broadening her experience. I should have been sorry to miss my two days in Ward 23. The Accident Ward, too, I found very enlightening and, if the amount of work there were more dependable, I should recommend that it be considered in case the time of the nurses' aid were extended.

The benefit the aid gets from her hospital service depends very largely on the head nurse. If in addition to her qualities of nurse and executive, she has those of a teacher, and if, while carrying on the regular work of the ward, she can manage to give instruction, drill, and oversight to those assigned to her, they and the Hospital Unit as a whole will be very fortunate. In view of her already exacting duties, it might seem too much to ask her to take on this additional burden and responsibility; it would be too much, if the seriousness of purpose and of need were less. As it is, she has an opportunity to do a very real bit of preparedness work.

As to the nature of the work during this term of hospital service I should recommend:

I. That, for the sake of uniformity, and to conserve time and energy, a definite course or order of procedure be made out to be followed as a guide, circumstances permitting, for the work of the aid, and that copies of this be given both to the pupil on entering and to the head nurse.

II. That the aim of the work be chiefly educational as far as the business and discipline of the ward allows.

III. That, to give her a background, the aid be allowed to observe and to do under direction work more advanced than she would be expected to do in service conditions. I hold that one sterilizes instruments and makes dressings better after having seen how they are used. This observation is to the point, however, only as it teaches the aid about nursing and a nurse's duties and, however interesting, should not be given time otherwise.

IV. That if possible opportunity be made for the aid to ask and have answered the questions which there often is not time to ask at the moment they arise. "Why was this done?" "Or that?" "What was the composition of the solution I used?" etc. The aid, because her preliminary course has been meagre, will be in the dark about many things that a regular pupil nurse would know.

V. That, as far as possible, the pupil do each thing for the first time under the observation of someone competent to criticize her. Perhaps the pupil might be assigned to one of the nurses of the ward to accompany her and work in her presence and under her direction all day.

The following is a list of the things I did while in the hospital:

I. Made beds.

(1) Empty.

(2) With patient.

(3) For ether patient.

II. Swept and dusted.

III. Gave lavatory general cleaning, including care of enamel ware, Bender bandages, and rubber gloves.

IV. Washed dishes—general and precaution.

V. Preparing light diets.

VI. Served meals, also set up trays, helped serve the food (with no responsibility for special diets), carried trays, fed patients, cleared up trays.

VII. Undressed patients, listed and put away clothes.

VIII. Prepared corrosive sublimate solution.

IX. Set up dressing trays, giving attention to the requirements of special cases.

X. Prepared and carried to patients.

(1) Basin and wash water,

(2) Mouth wash.

XI. Filled, emptied, and put away hot water bags and ice bags.

XII. Put away fresh linen supplies

XIII. Sterilized and put up instruments, rubber and glass utensils.

XIV. Gave patients

(1) Ordinary baths.

(2) Special cleaning of hands and feet.

(3) Soap suds enemata.

(4) Bed pans, measuring and recording contents if necessary.

XV. Cleansed and irrigated mouths of carcinoma patients, and others.

XVI. Took and recorded temperature, pulse, and respiration.

XVII. Prepared patients for the night.

XVIII. Cared for ether patient, supplying necessary equipment.

XIX. Assisted with dressings, irrigation, etc.

XX. Chaperoned female patients during examination or transfer.

XXI. Made supplies and when necessary did them up to be sterilized.

(1) Sponges.

(2) Cotton rollers.

- (3) Picked cotton pads.
- (4) Slings.
- (5) Cotton balls.
- (6) Rings from cotton and bandages.
- (7) Padded and wound splints.

I also observed

I. Preparation for an operation.

II. Making a Lumbar puncture.

(1) Preparation.

(2) Equipment.

(3) Nurses duties as assistant.

III. Making and application of poultices.

IV. Preparation of

(1) Milk and molasses enema.

(2) Shock enema.

V. Giving of a subcutaneous injection, including preparation and after care of equipment.

VI. Fowler's position and seepage treatment.

VII. Various first aid treatments in Accident Ward.

VIII. Blood count for white corpuscles.

IX. Bismuth meal test.

(1) Preparation of meal.

(2) Observation of patient under X-rays.

X. Several operations—minor and major, observing nurses' duties.

Things which do come within the duties of the aid and which by chance I missed are:

I. Treatment for pediculi.

II. Methods of moving patients.

III. Various methods of applying heat and cold.

In closing this report I should like to touch on one more phase of the question of the training of nurses' aids. Nurses are, for the best of reasons, proud of the high standards of their profession and anxious that they should not be lowered. Short and inadequate courses from which inefficient women graduate think-

ing themselves trained nurses and imposing themselves on the community as such are a menace to all that good nursing stands for. The question very naturally arises will this training for nurses' aids be a similar danger. It will not. The so-called "nurses" who are not nurses have usually been misled by their instructors as to the degree of their ability and training. They do not know what real training amounts to, and how much they lack. If properly instructed the aid can have no false notions on that score. The men who go to Plattsburg for a month do not come home thinking themselves the equals in military training of the men who have studied for four or more years to become officers. The parallel is evident when one realizes that the aid in her two seventy-two-hour courses has a training less than one fiftieth as long as a nurse.

The course for training nurses' aids was instituted as part of the plan for better national defence. There are many who hope that when danger seems less imminent the enthusiasm and purposefulness of the inception of the course will remain. If every young woman were given a similar course, the country would have always a reserve of helpers for military or civil hospital service; appreciation of the needs of good nursing would be carried into every home; and the public would be brought into a sympathetic understanding of the duties and needs of the hospital.

CANADIAN NURSES' RELIEF WORK IN BOSTON

ELSIE MITCHELL (1899)

THINKING the QUARTERLY readers (especially Canadians) might be interested to hear how Canadian nurses in Boston are doing "their bit," I am going to tell something of the work we have been doing since November, 1914. Miss Grace McLeay (1896) suggested our meeting each Thursday afternoon and making surgical supplies and other needed comforts for Canadian soldiers at the front and elsewhere.

Our first meeting was held in the room of a nurse, where we started work with one roll of gauze. The following week the Boston Nurses' Club kindly offered the use of two rooms, which we have been using since. When one considers how busy most nurses are, and how time off duty flies, it is astonishing how much work we have accomplished.

Last fall we decided to open a Tuesday evening class besides, as many nurses could come in the evening who could not get away in the afternoon. To raise funds we have had several teas, concerts, etc., and have raffled off various articles, viz., tea-cloths, centre pieces, posters, and a bust given for that purpose. We have sent boxes away at the rate of three a month, filled with all kinds of surgical supplies,—shirts, socks, handkerchiefs, books, and in return have received very grateful letters, especially from Colonel H. S. Birkett, who has charge of the McGill Unit in France. Early in November last year we sent three huge Christmas boxes filled with everything a man would want from Bibles down, and the nurses have since been receiving from individual "Tommys" letters accompanied in many cases with photographs of the recipients of our Christmas cheer. Copies of two of these letters I am enclosing, showing how interesting such letters can be.

All QUARTERLY readers are cordially invited to drop in any Thursday afternoon (when tea is served) or Tuesday evening, and gifts of money and comforts for our soldiers are solicited, especially for our Christmas boxes which we want to get off in October, this year.

APRIL 14, 1916.

"Our wounded men love you and your Christmas gifts, which came in today—a little late but in good condition, making a second Christmas for some of them. You are kind indeed to think of us over here, but I know that those who were born in Canada, beneath the British flag, can never forget the hills and the woods, the lakes and the running brooks of that dear land, and will ever think kindly of the men who have left it to fight for that flag, and all that it stands for. They have, many of them, made the

supreme sacrifice, and sleep beneath the poppy blooms of Flanders, but as long as poppy blooms are red, so long will their names remain written upon the broad pages of glorious history, and their countrymen will bring wreaths to deck their monuments.

"Thank you so much for what you have done.

"Yours faithfully,

"LIEUT.-COL. _____,

"Canadian Army Medical Corps Officer, commanding 1st Canadian Casualty Clearing Station, British Expeditionary Force, France."

SOMEWHERE IN FRANCE,

April 30, 1916.

"The Christmas mails must have been a little late to some parts of the line here, for I have just now received your very welcome parcel of presents. However, everything was still in fine shape and the other men who received similar gifts and myself are very grateful indeed for the way in which our American neighbors remember us. We have realized that we have a good many friends on the other side of the line, and we only wish that they would send over a few million men to help end this terrible Armageddon. Naturally it takes a long time to overcome a nation whose universal study for years has tended toward the invention of infernal machines and military schemes. However, if we were peaceful Canadian citizens a short time ago, we are now beating Fritz out at his own game, and although a deadlock seems to exist at present, there is hardly a doubt as to the outcome.

"Well, I hate talking about the war, so will try in the meagre way of a 'Tommy' to answer some of the queries in your excellent letter. First, I am not a married man nor a widower, but simply one of those young fellows with no one depending on him except our country, which, of course, expects him to do his bit to the best advantage. Before the war I was going to school (perhaps you know the place, since you have been in Toronto, for it is Toronto University I attended) and still have another year to complete within its walls. I was a student in engineering but have forgotten all my mathematics, etc., by now, and expect

to have a difficult time when I return to the old gray tower again. There are several of my school friends in the same battery as myself, and a good many Varsity men are fighting in the various other battalions and batteries over here, especially in the Princess Pat's Light Infantry.

"You mention that you have visited our country, so I must tell you that I also had the pleasure of seeing your side of the line several times and do not blame you at all for being proud of your native land. In fact, your own city of Boston was one of the places which we visited on three occasions. The "we" referred to consisted of seven Hockey players from Toronto Varsity, and we were there to play for the Amateur Championship of the International League. We played at the Boston Arena against the B.A.A. and Princeton University, and needless to say were treated splendidly by both clubs. We also played games in New York where we met a large number of Canadians, doctors and such like, who are now making their home in that city. I would like to have stayed across there for much longer than two weeks each time, but we had to get back for our Post-Christmas examinations, which naturally took away some of the pleasantries of the holiday. It is hard to absorb the elements of Calculus and a nice opera at the same time.

"Oh, well, I almost forgot that the snipers are blazing away and the machine guns are emitting their frequent stream of pellets and sending them whizzing into the heaps of shrapnel-riddled sandbags opposite. It's alright as long as they hit the sandbags, but the trouble is a great many find other targets. Here I am getting back to the war again and I was trying to evade all thoughts of it for the time being.

"I expect that you are a very busy person and would hardly find time to write to just a Canadian Tommy like me, but I will give you my address anyway, and live in hopes that you will answer some time soon. It is No. 89697, Sergt. ———, 2d Canadian Con. 26th Battery, 7th Brigade Field Artillery B.E.F.

"I must again thank you for the Christmas parcel and hope that you will be instrumental in forming a few more battalions

of the "American Legion," for we need all the men we can get out here. England is doing her best and her best is getting better all the time. So also is France and Russia, as you will see by the papers. Of course we are going to win but we want to win quick, so that the daily toll of lives so unnecessary will be cut short.

"I remain one of the many Tommies who is thankful for the stand our friends across the border are taking and particularly your friend because of the way in which we have become acquainted.

"Sincerely yours,"
_____.

REPORT OF THE ENDOWMENT FUND COMMITTEE

THE committee sent out circulars and pledge cards about the first of August to every graduate whose address was on file in the training school office. As several have been returned unclaimed it is evident that the list is not up to date. A number of people assisted in addressing envelopes and it is easily possible that there have been errors and omissions; consequently if any reader of the QUARTERLY has not received the circular and card she is assured that the oversight was unintentional and the omission will be remedied on receipt of name and address.

The result thus far is very promising and we have every reason to think from the result up to date and the assurances of interest and intention of contributing on the part of several whose names are not yet on the list, that our attempt is not as hare-brained as some would have had us think. There is a great deal of affection and pride for the "dear old M.G.H." in the hearts of most of the graduates. It seems to increase with the years that prove to the alumnae the value of the education gained in the hospital.

We believe there are none who would be willing to see our School anywhere but in the first rank, and it does not need a prophet's vision in this day of university affiliations and awaken-

ing consciousness to the needs of nursing schools to realize that the schools that are not connected with a university must have an adequate endowment or eventually go to the wall. The day of haphazard training is going by and candidates are no longer choosing their schools blindly. The needs of the schools must be met, and that spells money.

Don't forget that we are to celebrate our golden anniversary in 1923, and if we are to see our endowment at the \$500,000 mark we must give and work and beg for the cause. At the same time we will be telling people some things that they ought to know about nursing work and education.

Alice Scott (1883) is setting a good example. She has been making some very attractive bags this summer for a Christmas sale, the proceeds of which are to redeem her pledge of \$25 to the fund. By an error in the last QUARTERLY we said that she had pledged \$25.00 annually; but what she promised was really better than that, in effect, because although giving no annual pledge she is so interested that she is going to do all she can towards it, and none of us can do better than that. Her interest and enthusiasm will inspire others without doubt.

FUNDS IN THE HANDS OF THE TREASURER

| | |
|--|----------|
| Previously acknowledged | \$871.00 |
| Miss Grace Nichols | 10.00 |
| Through L. C. May: | |
| Mrs. John Bartol | 15.00 |
| Miss E. W. Allen..... | 2.00 |
| Miss Mary F. Emery (1914)..... | 12.00 |
| Miss Alice C. S. Cushman (1903)..... | 5.00 |
| Miss Grace Stackpole | 15.00 |
| Miss Helen B. Fenton (1906)..... | 5.00 |
| Miss Grace Nichols | 100.00 |
| Miss Frances Daily (1907)..... | 1.50 |
| Mrs. Helen Gamwell Ely (1890)..... | 500.00 |
| Mrs. Samuel Cabot (through F. C. Daily)..... | 100.00 |
| Mrs. Fannie R. Slayton (1882)..... | 10.00 |
| Mrs. Helen O'Dea (1913)..... | 2.00 |

| | |
|--|-------|
| Mrs. Helen T. Niverson (1913)..... | 10.00 |
| Mrs. V. C. Hall (1893)..... | 1.00 |
| "1909" | 15.00 |
| Miss Harriett J. Allyn (1893)..... | 25.00 |
| Mrs. Helen A. Wayland Hudson (1903)..... | 10.00 |
| Miss Christina MacDonald (1914)..... | 2.00 |
| Miss F. C. Daily (1907)..... | 6.00 |

\$1,717.50

SARA E. PARSONS, *Chairman.*

In Memoriam

"In woe's black watch, bereaved, earth weeps,
 But the proud sea his body keeps
 And calls triumphant to the land
 In tones none may misunderstand:
 "Though for your fame he chose to fight
 I am the measure of his might!
 Ah, never, now in vaulted gloom
 Shall sleep the hero of Khartum;
 But in my arms—exalted, fond—
 I'll lull him in the great beyond,
 And so his resting here with me
 Will give new meaning to the sea.
 No graven tablet may I bear,
 Nor in mere words his deeds declare,
 But, better yet, from my deep throat
 Will ever clang a martial note
 To glorify this son of Mars
 And keep the memory of his wars.
 To children on the beach at play
 I'll sing the name of K. of K.,
 While in the roaring tempest's boom
 Will sound the message of Khartum,
 And, e'en in calm, on every shore

Of him I'll chant forevermore.
Thus, his unfettered spirit brave
Shall live forever in the wave.
And so, O Land, grudge not that he
Sleeps his last sleep here in the sea."

—LILY YOUNG COHEN (*N.Y. Times.*)

MEMORIAL SERVICE

ON July 17 there was held in the Out-patient Amphitheatre a memorial service in memory of Ethel May Fixter, who died July 11 after being ill only one day with diphtheria. Miss Fixter had just passed her probation, and although a young nurse had already made a place for herself in the class, and her death was a shock to the whole School. Miss Parsons conducted the services, and the following resolutions were presented by the class:

Whereas, our Heavenly Father in His wisdom and love has seen fit to call to higher and nobler service our beloved classmate, Ethel May Fixter, be it

Resolved, that in her death our class feels keenly its great loss and wishes to express its love and sorrow.

Resolved, that we consider it a pleasure and privilege to have been associated with her, and pray that we may gain inspiration from the memory of her cheerful service and faithfulness.

Resolved, that the deepest sympathy of the class be extended to her relatives in their loss, trusting that the happy memory of her life and the sure hope of reunion will ever be a comfort to them.

Resolved, that these resolutions be kept on record, and a copy of them be sent to her aunt.

(Signed)

ETHEL M. AINSWORTH,

ELSIE M. HACKETT,

For the Class of 1919.

BOOK REVIEWS

NURSING PROBLEMS AND OBLIGATIONS, by Sara E. Parsons, R.N.,
Superintendent of the Training School for Nurses, Massachusetts General Hospital, Boston.

The book contains 149 pages, including two blank ones for additional notes at the end of each chapter. Published by Whitcomb and Barrows, Boston, 1916. Price \$1.00.

The book is a permanent and amplified form of annual talks given by Miss Parsons to her students. The contents are arranged in two parts, the first, considering ethics as applied to the probationary period, the student nurse and her relations with her co-workers. The second part aims to prepare the senior nurse to choose intelligently her special line of nursing and to give some idea of the problems arising in each. The duty of the graduate nurse to ally herself with the nursing organizations, promoting advancement of the profession, is also presented.

The book is characterized by an optimistic spirit, a broad tolerance and an insight into the lives of both pupil and graduate nurses so keen that it can only be acquired by years of experience. One is impressed with the familiarity of the author with many kinds of situations. We recognize them as if they were our own. To the young graduate who has no experience behind her the suggestions as to how to meet perplexing questions are valuable and to the older graduate there is the additional satisfaction of agreement. Superintendents will find sources of inspiration and comfort between its covers. Not only may the book be used as a gospel for pupil and graduate nurses but it may safely be recommended to young women at that perplexing time in their lives when they are choosing a vocation.

The book should prove a valuable contribution to nursing literature.

CLINICAL LABORATORY TECHNIC FOR NURSES, by Anna L. Gibson, R.N., Assistant Superintendent of the Huntington Hospital, Harvard Medical School. Whitcomb & Barrows, Boston, 1916. \$1.25.

In these days of progress, the nurse who can make the routine examinations of body fluids, excretions, cultures, etc., is a valuable member of her profession. As instructor in the training-school, for example, or as an office assistant to the busy general practitioner, she can profit by just such information as is contained in this book. Without being too technical, the author has crystallized several years' teaching experience into a direct concise exposition of the principles of laboratory technic. The arrangement of the material is good; the illustrations, although few, are clear and easily understood; the constant reference to standard texts will stimulate the nurse to a deeper interest. She who masters this little book has paved her way to larger usefulness in her chosen field.

THE CARAVANERS, by the author of *Elizabeth in Her German Garden*. The A. L. Burt Company.

This characteristic and withal amusing story, in which the spokesman is a German of the deepest Prussian hue, gives both directly and indirectly the German impression of "inefficient" England. The element of "Hate," as we have seen it since the war, is absent, but there is a general feeling of contempt towards those who, from the German understanding of "Kultur," are not wide awake in matters pertaining to technical ability and modern invention, and who are absolutely lacking in military instinct. The English do not "show fight"—do not draw the sword in settlement of grievances, but are so simple as to bring in moral suasion and brotherly kindness when wronged by their fellow beings. The German idea of religion and of the position of women in the world are given most naïvely by this loyal follower of country and emperor. He confesses that in the realm of the supernatural he is lost. This may account for his inability to see certain qualities in the English mind which lift man above the

material, placing religion on a higher plane. However, many Germans under Kultur include some form of Christianity.

KITCHENER, ORGANIZER OF VICTORY, by Harold Begbie. Houghton, Mifflin and Company.

The great war had been going on for less than a year when this short life of Kitchener was written. The first chapters tell how he was born an Irishman, became a Frenchman, and was subsequently Prussianized back into permanent English. His appointment to the War Office was said to be due to the imaginative power of the Prime Minister and to an idolizing public. "He came at the right hour, and was the right man." Proof of this lies in the fact that before his recent death he raised and trained an army of four million men. This sketch gives Kitchener's former life in vivid detail. It did not anticipate his death, which is a world-wide loss. But all must come to believe that his life-work had been completed when the quick call came, and he was bidden to an unexpected rest in the midst of strife. The photographs and illustrations are from the first sources. They represent those seen from time to time in the press.

ORTHOPEDIC SURGERY FOR NURSES, by John McWilliams Berry, M.D., Clinical Professor of Orthopedics at the Albany Medical College. W. B. Saunders Company, Publishers, Philadelphia, 1916. Price \$1.00.

Not as formidable as its title would suggest, this little book so freely illustrated states simply and clearly the common orthopedic deformities which a nurse should be able to recognize. It is just the guide that every nurse should have to help her to understand such conditions and to know her part in the treatment of them. The material is logically arranged under topics of congenital, acquired and regional deformities, so that it may very readily be used as a reference book. It will be appreciated everywhere, but especially by those who have had little or no training in orthopedics, and have therefore not been able to enjoy the more technical and cumbersome volumes on the subject.

NEWS ITEMS

Harriet L. P. Friend (1904) has resigned her position as superintendent of nurses at the Miami Valley Hospital, Dayton, Ohio. She has been asked to be a candidate for the position of Chief Examiner of Training Schools under the Ohio State Board of Registration of Nurses. Miss Friend visited the hospital when east on her vacation.

Garnet I. Pelton (1903) has been chosen as head of the newly organized department of Current Events in the *American Journal of Nursing*.

Nathalie Rudd (1910) has accepted a position as school nurse in Santa Barbara, California.

Isabel Lumsden (1892) has finished her work in organizing the out-patient department of the Newark Eye and Ear Infirmary. She has had two requests from other New Jersey hospitals to do similar work.

Annie C. Strong (1910) who directly after graduation took charge of a military hospital in Canada, has recently been honored by King George with the Royal Red Cross of the first order, for her work as matron of one of the Canadian hospitals at the front in France. Miss Strong is one of four Canadian nurses to be honored recently, while several others have received the Royal Red Cross of the second order. Mrs. Marie A. Sirois (1915) is located with Miss Strong.

Alida C. Meyer (1915) sailed August 31 from New York to do relief work in Germany.

Elizabeth I. Hansen (1915) has given up her work in the Fitchburg Hospital and has taken an appointment under the

American Board to do missionary work in Ceylon. She sailed from Vancouver, August 10. Her address will be Grnuvil Station, McLeod Hospital, Jaffria, Ceylon.

Helen Parks (1910) has been substituting as head nurse in Ward C during the month of August. Marie C. Ells (1914) had charge of the ward during July prior to sailing with the last Harvard Unit for France.

Ethel B. Davis (1908) and Catharine Fraser (1913) also went with the Harvard Unit. Miss Davis had been substituting in the hospital for the Summer. Miss Fraser, who has been with the previous Harvard Units, came home for her vacation this summer, and called at the hospital before returning to her work in Europe.

Joy Hinkley (1913) and Margaret Ferguson (1914) are also expected to join the group. Another unit will leave Boston in November, and there are already several M.G.H. nurses enrolled.

An interesting letter from Miss Tippet (1889) tells us of nursing affairs in Canada. She writes that in spite of the difficulties in regard to legislation, New Brunswick and Alberta have succeeded in getting registration, and prospects for favorable action in Ontario are good.

Alice Whitehead Carney (1914) writes us of her experiences in the Maine woods where her husband's work in connection with the fish hatcheries has taken them. Their isolated camp life among the woodsmen has made many calls upon her as a nurse, and she is so grateful to be able to help these poor people in their need. She writes: "My very latest patients are two bear cubs about three or four months old . . . They sit up and beg, eat from my hand and sit on my lap; and only three weeks ago they were running wild in the woods! We shall look like a small 'Barnum show' when we move, with bears, a cat, and numerous side shows."

Mary E. Melville (1888), the first head nurse in Ward E, visited the hospital this summer. She is in charge of the White Memorial Convalescent Home at Litchfield, Conn., and has been lecturing on Home Care of the Sick in New York this past winter.

Marion B. Dibblee (1898), Superintendent of the Clinton Hospital, is back at work after her recent illness.

Among recent visitors to the hospital have been Fannie Pickup (1908), superintendent of the City Hospital at Barre, Vt., Elvira K. Bailey (1901), superintendent of a sanatorium in Portland, Oregon.

Minnie S. Hollingsworth (1897) is trying to complete sets of the *American Journal*, and asks if any alumna has extra copies of the October, 1909, March, 1912, or July, 1912, numbers. Miss Hollingsworth has extra copies for October, 1910, October, 1912, December, 1913, January, 1914, September, 1914, and October, 1914, which she will be glad to send to any one who may wish these editions.

Mysie Macdonald (1907) has for some months been a patient at the Seattle Pulmonary Hospital, Riverton, Washington. Although still confined to bed, she was somewhat better when she last wrote; and looks forward eagerly to the letters from her friends in the East.

Alice Watson (1913) has resigned her position as Miss Trull's assistant in the Brooklyn City Hospital, and has accepted the position as Miss Allyn's assistant in Derby, Conn. She goes to her new work October 1.

Victoria C. Mayer (1915) is with the British Expeditionary Force, General Hospital, No. 22, in France. She writes that the hospital work is much like hospital work anywhere, and the

nurses are busy and happy. They had a pleasant, uneventful journey, passing through country that was so quiet and beautiful it was hard to realize they were so near the world's great tragedy.

Leona T. Field (1914) has answered the first call to our Hospital Unit to the Mexican Border. She left Boston Saturday, September 9, with two nurses from the City Hospital Unit. to report for duty in Laredo, Texas.

Maria Llewellyn Card (1884) writes from France of the great need. She at first was connected with the American Ambulance, and later formed the "Colonie Américaine des Orphens de la Guerre," where she has cared for fifty small boys at a time throughout the summer. She had the use of an estate in St. Pierre en Port for this purpose, and regrets that she cannot continue this special line of relief work indefinitely.

MARRIAGES

Fontaine—Wilson. On June 1, 1916, Jennie Moore Fontaine (1900) to Dr. Andrew Wilson. Dr. and Mrs. Wilson will live at 45 Fifteenth Street, Wheeling, West Virginia.

Mills—Briggs. On July 17, 1916, Susan Lenox Mills (1913) to Charles Vickery Briggs, at Fall River, Mass. At home after September 1, 19 Wellington Road, Brighton.

Westphal—Carlson. On June 30, 1916, Harriett Doris Westphal (1914) to Frederick William Carlson in Cambridge, Mass. Mr. and Mrs. Carlson are now living at 10 Strathmore Road, Brookline, Mass.

Henders—Bates. On July 2, 1916, at Detroit, Mich., Ethel M. Henders (1910) to Arthur Irving Bates. At home, 101 Pine Street, Muskegon, Mich.

BIRTHS

July 21, 1916.—A son, Alden Beaman, to Bertha Blackwell Parker (1911) and Amos C. Parker at Wollaston, Mass.

July 23, 1916.—A daughter, Miriam Irene, to Lottie Potts Leland (1910) and O. Miner Leland at Ithaca, New York.

July 24, 1916.—A daughter, Cecelia Roberta, to Rachel Galen Snell (1912) and Timothy H. Snell at Waltham, Mass.

August 7, 1916.—A son, Norman Fairbank, to Katharine Woods Lacey (non-graduate, 1910) and Edward N. Lacey at Arlington, Mass.

June 30, 1916.—A son, Lyman Guy, to Ethel Dodge Barton (1915) and Dr. Lyman Barton at Willsboro, New York.

August 8, 1916.—A baby girl to Harriett Calkins Ames (1915) and Dr. M. H. Ames, U.S. Navy, at Brookline, Mass.

Sales of One Thousand Yards per Month of *Service Sheeting*

show that Hospitals are satisfied with our "*Service*"
line for good impervious bed protection

SAMPLES ON REQUEST

Do you need Thermometers or Hypodermics?

A postal card brings full information

P. L. RIDER RUBBER CO.
WORCESTER, MASS.

HOT WATER BOTTLES

THE question of Hot-Water Bottles for institution use is one of the most important and most frequent facing the superintendent. Not only must hot-water bottles stand real hard *use*, but they must also be so constructed that they will stand actual *abuse*.

Our "guaranteed" "Mahady" Hot-Water Bottle is built with this very purpose in mind. It is cloth inserted, full size and absolutely guaranteed.

Beside quality the price is important. We have contracted for these bottles in such quantities as to insure quality, uniformity and very low price.

The inconvenience of a poorly made bottle coming open in a seam or around the neck at a most inopportune time is only too well known to any one having to do with a hospital and sick room.

ICE CAPS

All that we have said of our Water bottles applies to our "guaranteed" Ice Caps. The guarantee means that if a bottle or ice cap proves defective we replace at once without argument as the same full guarantee is extended to us by our factory.

Quality in rubber goods is more necessary than in any other item used by the hospital, and while we emphasize *quality above all else* we also have in mind *price* and *service*. We have won the reputation as the "service store" and are doing all we can to maintain it. Let us send a sample order.

E. F. MAHADY COMPANY

SURGICAL AND HOSPITAL SUPPLIES

671 BOYLSTON ST. (Near Copley Sq.), BOSTON, MASS.



The Quarterly Record

of the

Massachusetts General Hospital

Nurses Alumnae Association

DECEMBER, 1916



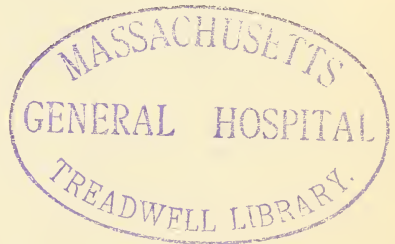
THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital
Nurses Alumnae Association



THIS MAGAZINE IS PUBLISHED THE WEEK OF THE FIFTEENTH OF
MARCH, JUNE, SEPTEMBER AND DECEMBER



Alumnae Association

OFFICERS OF THE ALUMNÆ

President, MISS CARRIE M. HALL, Peter Bent Brigham Hospital, Boston.

1st Vice-President, MISS C. M. PERRY, Malden Hospital, Malden.

2d Vice-President, MISS HELEN WOOD, Massachusetts General Hospital.

Secretary, MISS FRANCES C. LADD, Massachusetts General Hospital.

Treasurer, MISS BESSIE FULLERTON, 135 High St., Brookline.

OFFICERS OF THE SICK RELIEF ASSOCIATION

President, MISS ANNABELLA McCRAE, Massachusetts General Hospital.

Vice-President, MISS M. E. P. DAVIS, 21 Walnut Avenue, Norwood, Mass.

Treasurer, MISS H. O. COOMBS, 147 Roxbury Street, Roxbury, Mass.

Secretary, MISS B. P. GALBRAITH, 116 Mount Vernon Street, Boston.

THE QUARTERLY RECORD

OF THE

Massachusetts General Hospital Nurses Alumnæ Association

VOL. VI

DECEMBER, 1916

No. 4

EDITORIAL STAFF

MISS HELEN WOOD, *Editor-in-Chief*, Massachusetts General Hospital.

Assistant Editors:

MISS SARA E. PARSONS, Massachusetts General Hospital.

MISS C. M. PERRY, Malden Hospital, Malden, Mass.

BUSINESS MANAGEMENT

MISS IRENE MASON, *Business and Advertising Manager*, Huntington Hospital, Boston.

MRS. JOSEPH GODSOE, *Assistant Business Manager*, Somerville, Mass.

MISS BESSIE FULLERTON, *Treasurer*, 135 High Street, Brookline, Mass.

Subscription to the Magazine is included in the dues to the members of the Association. To non-members, \$1.00 a year; 25 cents a copy.

Subscriptions and business communications should be addressed to Miss Irene Mason, Huntington Hospital, and all other communications to Miss Wood, Massachusetts General Hospital, Boston Mass. Matter for insertion in the RECORD must be in Miss Wood's hands upon the first of the month of publication. Write legibly on one side of the sheet only.

PRESS OF CAUSTIC-CLAFLIN CO., CAMBRIDGE

The December QUARTERLY, the present number, is a Senior class edition. The seniors have contributed numerous articles from which the Editors have chosen three to appear in this issue. The significance of such an arrangement deserves note. It shows an increasing tendency for alumnæ and pupils to work together, and to be interested in the same things. The seniors have the privilege of ordering extra copies the sale of which is to help swell the fund that will be demonstrated in their class gift to the Training School. The loyalty of the undergraduates to the school is being shown in very definite ways; and we alumnæ have every reason to be proud not only of our Alma Mater, but also of her youngest children.

The November alumnæ meeting was held in the lower Out-Patient amphitheatre Tuesday, the 28th. It was with regret that

we accepted the resignation of Miss Sally Johnson as Business Manager of the QUARTERLY RECORD. Through Miss Johnson's efforts the RECORD has become self-supporting, and we shall miss her active interest in its behalf. We are very fortunate to secure as Miss Johnson's successor, Miss Irene Mason, who for the last five years has been the matron of the Collis P. Huntington Hospital. After a short business meeting the members of the Association adjourned to the Living Room of the New Home, where tea was served and where Miss Scott had her many beautifully made bags for sale. The proceeds of this sale have redeemed Miss Scott's pledge for this year to the Endowment Fund.

Ether Day this year was a red-letter day in the history of the hospital, in that it was marked by the opening of the new administration building, the Moseley Memorial, in the rotunda of which the exercises were held. It was very fitting that Dr. Howard, our former superintendent, now in charge of the Peter Bent Brigham Hospital, should give the opening address. He spoke of the longfelt need for just such a building to meet the demands of the growing institution, and reviewed the recent history of the administration. The chief address of the day was given by Dr. Haven Emerson of the New York City Department of Public Health, on the place of the hospital as an educational factor in the great propaganda of preventive medicine. After the exercises the whole building was opened for inspection, and tea was served in the beautiful new Treadwell Library on the second floor. Not least among the inspiring features of the afternoon was the enthusiasm and loyalty which brought so many graduate house-officers and nurses—some from quite distant places—to attend the celebration.

The Massachusetts Private-Duty Nurses' League held their second meeting on the day of the fall meeting of the State Nurses' Association, November 11. Officers for the year were elected, and problems of private duty nurses were discussed. Miss Zaidee Moore, of the Salem Hospital, was chosen president, and of our

own alumnæ, Mrs. M. A. MacQuarrie is third vice-president; Miss M. S. Hollingsworth, corresponding secretary; and Miss Bessie Fullerton, auditor.

For some time the private duty nurses have felt that they should have a society that would give them an opportunity of being represented in the educational affairs that pertain to uplift and broaden them in their work. In time, this organization should be the largest league for nurses; the objects of which are to promote ethical standards, to stimulate loyalty, to encourage personal efficiency, and to establish a broader acquaintance among nurses. It will provide an open forum for the discussion of problems peculiar to private-duty nursing.

Copies of the constitution and by-laws and application blanks may be obtained from the corresponding secretary, Miss M. S. Hollingsworth, 94 College Avenue, West Somerville.

CAMPS AND CAMPERS

FOREWORD

Now that the "Discoveries" column of *Good Housekeeping*, the front page of the *Ladies' Home Journal* and other magazines are offering so many suggestions for a profitable vacation, we are naturally somewhat timid about publishing the experiences of our trip last summer. Yet, since so many requests for information about that trip are coming to us, it seems only courteous that we yield to these requests and allow the publication of certain pages of our log, which will give a plain, unvarnished, and unembellished account of our week in the wilderness.

A receipt for a vacation like ours may be compiled as follows: Take one week of perfect fall weather in early September, as near as possible to the full of the moon. Pick out any river or lake which has the flavor of the unknown. Prepare five girls (more or less, according to taste) who are congenial and devotees of the simple life. Get together two canoes, bedding, food, tents,

etc., for a week. Mix all the above ingredients together, and the result takes care of itself.

EXPERT CAMPERS—OUR PARTY

MARIE HUBER, 1914, better known as Percy

ROSA SHAYEB, 1915, better known as Naomis

BERTHA WHEELER, 1915, better known as Jack (Bee) ·

LESS EXPERT

MARGARET DIETER, 1915, better known as Heiney (Gretchen)

MAUD BARTON, 1917, better known as Teddy (Modeena)

OUR PLAN

Two of us had previously paddled up the Taunton River as far as the East Taunton dam. Beyond, the country was entirely new. With the aid of U. S. geographical maps, and information obtained along the way, we hoped in one week to reach a group of lakes near Middleboro, Mass., and return to Taunton. This meant paddling up the Taunton to its tributary, the Nemasket, and then on to Lake Assawompsett and Long Pond. The total distance to be covered was estimated at eighty miles. Carries by dams and factories we hoped to make with little difficulty. The whole thing had about it something of Kipling's Explorer.

“Something lost behind the ranges,
Lost and waiting for you—go!”

How our plans succeeded will be disclosed by our narrative.

We started Saturday afternoon, September 9, 1916. The canoes were well loaded—one containing three individuals and the other two. Luggage was distributed as evenly as possible. Sensibly clad in jumper blouses, bloomers, and old shoes and stockings which defied the elements to do them damage, we felt ready for any emergency. We intended to camp each night wherever we happened to be, so all of us were more or less prepared to rough it.

Camp was struck each day about 4 P.M. We found that this early hour was necessary, for by the time we had gotten our tent

and beds ready, cooked and eaten our supper, it was dark. A pine grove makes an ideal camping-ground—we were fortunate to find one each night. For convenience and despatch of labor, we early drew lots with the help of some pine needles, and did our work with a change of service each day.

No attempts at breaking speed records were made. Starting each day about 8 o'clock, we paddled along lazily. There was always time to admire the scenery, to investigate an unusual blossom along the shore, to stop and swim, if a convenient swimming hole presented itself. Every moment, even that one day when it rained, was enjoyable. We knew each other well enough to speak our minds frankly, and we took things as they came.

We needed from Saturday afternoon to Tuesday about 10 A.M. to reach Lake Assawompsett—a trip which by strenuous paddling can be accomplished in one day. Lake Assawompsett is about three miles wide, but the day we arrived it was so rough we kept pretty well near shore to avoid being swamped. The water is a wonderful clear blue. Inasmuch as it is the reservoir for the city of Taunton, swimming is forbidden. We pushed through Assawompsett to Long Pond, which is much wilder and more beautiful than Assawompsett.

Once arrived in Long Pond, we encamped two nights on a tiny rock-bound island. This gave us time for extra swimming, fishing, and resting generally. Thursday morning we turned the bows of our canoes homeward, and were back in Taunton by 2 P.M. on Saturday, September 16, after exactly one week's absence. In that time we had never been beyond telephone communication with our friends, and yet, for practical purposes, we felt quite remote from civilization.

Our grub-box carried such staple supplies as bacon, cocoa, potatoes, canned beans, flour, etc. Honey and jelly were furnished by Mrs. Huber. We carried two pounds of butter as a luxury, but much to our surprise, we discovered, at the end of a week, that we had half of it still. Cooking bacon, as we had each day, we had not felt the need of butter.

On the other hand, water, milk, eggs, were obtained as we went along. We had a large tin pail which contained water enough for several days, if we were not able to get to a farmhouse. Twice we abstracted corn from a field—once, to our disappointment, it was ordinary fodder corn unfit to eat. However, we deserved nothing better. We feasted nobly, one of us gaining five pounds in that one week.

Keeping warm at night was a problem. Maud and Marie had sleeping bags—the rest of us did ourselves up in blankets. A layer of pine needles on the bare ground, a raincoat spread over that, a hot-water bottle at your feet (we all had one) are little additions that make sleep in the open, under the moon and stars, comfortable and luxurious.

The “log” was great fun. Since there were five girls and two canoes, it befell that someone always had to sit in the middle. In order that she might have something to do while the rest paddled, she it was who kept up the log, from day to day. In closing this account I cannot do better than quote directly from it.

Sunday—Pond-lily Day (so named because that day we found a cove with many beautiful white lilies still in bloom.) “Swam at 12. Tragedy—lost Rosa’s bathing suit at bottom of the slimy river. Rescued by the faithful Bee in her Antoinette. Ate lunch floating midstream, using cover of grub-box for a table. Some of us ate an awful lot, but we won’t mention it. Hit the trail renewed in spirit, and as a consequence received free a pickerel from a mighty nice youth, who didn’t care personally for pickerel himself.”

Earlier that same day we had come across a young man who inquired, “Say, isn’t it time you girls were back in school?” It was all in the “good comradeship” of the woods. He seemed to have great difficulty in apprehending the fact that nurses were able to get up camping trips.

Monday. At 10 A.M. met up with a corking swimming-hole. It could not be resisted. Disembarkation took place and swim-mation immediately afterwards, in spite of a near road and all materials signs of a high state of civilization. We look forward

with anticipation for a glimpse of that picture taken. The amateur swimmers made good progress toward professionalism.

At 11.15 A.M. struck a rather inconvenient carry. A kind gentleman showed us how to get around, and some small boys helped us carry the canoes fully seventy-five yards. This time we emptied them entirely. This is the town of Middleboro. Marie and Rosa disappeared after food. Bought skimmed milk and eggs at thirty-four cents a dozen. Paddled to a rock, Bee perched on top, anchoring the canoes by sitting on the ropes. Lunch—shredded wheat, milk, crackers, cheese, peanut butter, and jelly. Bee fished while eating—"nary a bite!"

Wednesday—Blueberry Day. Went blueberrying for breakfast (on the island) and had blueberries in our flapjacks. Lush! After breakfast Bee, Gretchen and Teddy went blueberrying again and stripped island clean of berries—not a one left. Percy and Rosa cleaned up, then Percy built a most scientific new oven in front of our tent. Went fishing. Luncheon most stylish with a glorious Welsh rabbit off the hands of Percy, Esquire. Swam and fished in afternoon.

Friday. Rain—poured—put on raincoats. Friday night told stories about Dr. Adams and the Black Hand Society. "For God's sake, shoot that cow," he cried. And he shot, and the cow broke in two, and out came a man!

Such was our trip. We worked hard—we were bitten by mosquitoes, swollen with sunburn, once stuck on a snag, until Gretchen lightened the bow by lying flat on the grub-box with her feet high in air; several times we had to get out and push the canoes through a shallow bit of water. But the whole thing paid. It was all fun—the cooking, the swimming and fishing, the all-day paddling. Next year we all intend to do it again. I can still hear Bee's voice singing "Little Brown Jug," and then shifting to a song of her childhood:

"I sing because I'm happy,
I sing because I'm free!"

This was the spirit of our whole trip.

MARGARET DIETER.

“OH, WHAT WILL THE CULTURE BE?”

MAY LOUISE RYAN

In the first place, I don't see how a diphtheria bug could have picked me out—*me*, with a throat that never got sore; *me*, who always urged my scratchy-throated friends to report at once.

Well, I couldn't understand it, but then—

Picture, sympathizing readers, us convicted ones being hustled into the ambulance, hugging our possessions to us in boiler-house bags. Three of us rendered speechless by the news, sat on the bench on the inside of the grim vehicle. The floor was used as a couch by one girl who was “resting uncomfortably” after her dose of antitoxin.

We were all very cheerful, even flippant. One “K. L. Kid” divided her anxiety between the possibility of having to have a tracheotomy performed, and her fear of losing her silk nightie out of the boiler-house bag. I looked out, thrilling a little with importance, as our equipage clanged along past interested and curious bystanders.

By the time we arrived at the Portals of Precaution, we had each reckoned just about how long she should have to stay at the hospital. We even knew the day and date of our return. We were mistaken—that's all.

We piled out of the ambulance, Ellis-Island fashion, wondering what came next.

“Is Miss R—— here?” a white-gowned doctor was inquiring.

“Oh, I'm specially mentioned. I must be a virulent type,” was my cheerful conclusion.

Scared, but rather proud to be the object of individual attention, I stepped forward with my boiler-house bag under my arm.

“Follow me” (this in grave tones). I went through four or five hundred doors leading to and from dozens of corridors (seemed that many, anyway). “In there!” The doctor vanished, and in

I went, to be greeted by cheers from Margaret, who had reserved the bed next to hers for me.

"H'm—guess I'm not a virulent type, after all."

With each other as examples and competitors in patience and other invalid virtues, we rose to great heights; in fact, as high as the electric lights over our beds!

First pleasure: antitoxin. Margaret had hers first. She didn't moan, so I didn't. We compared emotions and sensations. Following is our joint result. Antitoxin feels like an angry hornet crawling obliquely from your spinal column. As for the cocoon dressing on your "wound," you know it is large as a cantaloupe because it *feels* that way. We kept in training by seeing how much turning over we could do without feeling the hornet sting.

After a while—it's painful even now to think of—along came the "culture" doctor. (He figured later in a sick-bed rhyme contributed by one of his prey.) Approaching Margaret, he brandished a knitting needle-like culture swab. True to her nursing training, anticipating the doctor's next move, Margaret opened her mouth approximately six inches wide. She soon closed it, however, when she learned that those lengthy sticks were for buglets that lurked back of her eyebrows. We gave much more thought to the interior structure of our nasal organs than we had ever before given to their shape.

That culture man certainly touched the roots of my hair; and fourteen successive days he performed his act of cruelty. Fourteen o's he put down on my much-read chart, and when I graduated from isolation, the score was 15—1, in favor of the Negatives.

As Dr. H—— was making his evening visit, we tactfully, with studied indifference, inquired as to the minimum length of time for mild cases like ours, to stay in the hospital. The doctor didn't go back on his estimate. Why? He never estimated, merely told us we'd better wait and see how we felt after our urticaria.

Inquiring into the habits of said animal, we learned that it appears six to eight days after you get your antitoxin. Urticaria

was the topic of the day. Would we escape it? Would we look queer? How would it feel?

We didn't escape it.

We did look queer.

We both looked funny, and only those who have "had" it can understand how we felt. We recommend a hair-brush as one of the most efficacious instruments in the treatment of urticaria. Apply vigorously, with a ploughing motion.

At just about this stage, our return dates being two or three days overdue, our palms and soles were tingling so that we were living demonstrations of perpetual motion. This was the time we hit on hymn-singing as a soothing recreation. "Heaven Is Our Home" was the most gratifying. We sang that and many others, ignoring the requests sent in by the helpless inmates of the other rooms to "*please* stop our noise." We reviewed every hymn we'd ever known, and many we didn't know. I knew the most.

We almost learned to "yodel," too. "Go to sleep, my ba-a-by" sounds great, yodeled. We practised on that a lot. Margaret did better than I. (You put your head under a pillow when you practise.)

We kept our muscles firm with ball playing. A lemon makes a lovely ball. Oranges are too soft. They squash all up, after you've missed the ball twenty or thirty times. I hurled the lemon better than Margaret, so she beat me at catching. We had to keep a fraction of an eye out for a possible visit from the doctor, and it took some tall hustling to scramble under the bed after the lemon, put it in the fruit basket, take off your slippers (not always necessary) and assume an "oh, dear—I've stayed in bed all day" posture. However, we made good time—always being engaged in languidly reading a magazine when the "visit" reached our bedside.

Another lovely thing to do when convalescing from diphtheria is to practise swimming. We followed the directions given in the newspaper. (We all read the papers.) Use the bed as the ocean and proceed as at the seashore. We both did very well.

Some of us crocheted, but it would take more than a Klebs Leoffler Bacillus to drive me to sewing. The crocheting ones looked industrious and nicely domestic.

After urticaria had lost its "zing" and interest, we all enjoyed arthritis. You try to sit up quickly, and you don't do it, that's all. Some of your joints have turned to stone—they've come apart, and they *hurt*. The time has come when you don't care whether you get a letter or not, or what they're going to serve for supper, or even when you're going back to good old M. G. H. Even if only your back and elbows and knees and ankles are stiff, and even if you learn that someone else has all your ailments plus the fact that she can't open her mouth to *talk* (imagine!) or even move her hand, you simply can't be properly sympathetic or Pollyanna-like. You *know* (secretly) that no one can feel as wretched as you do.

After a while, people commence to be allowed "up." Oh, it's great to be one of the first to go 'round to look at the others' culture scores and histories. Now, you make some more getting-away plans and write in all your letters—"expect to be here only a few days longer." That's about as far as you get, however, for they don't seem to be in any hurry to get your bed ready for another patient.

The daily culture bees grow more thorough, and at last—late at night, the resident physician himself takes a final sweep in back of your face. So thorough is it, that even an infant bug couldn't elude him. Then, you wait. The head nurse comes in and takes your pulse. She doesn't say you're going home. The doctors make their visits. Your leaving is not mentioned, and you are too polite and professional to ask. (*You aren't going to ask about going home, the way your patients do; but still maybe they'd like to be reminded.*)

Finally, you are told to shampoo your hair. That's just as good as a ticket out, because after your hair is washed and irrigated with sterilizing solution, you do it up in a towel like a Down South Chloe, and no human hand touches it until you're ready to leave! The result is stringy, but germless.

With your skull adornment on, you say goodbye to the others, trying not to grin too happily, because it's best not to be too sure; and then you go out to the corrosive bath. There are only eighty or ninety doors on the way out, and the corridors aren't quite so long as before. Ablutions over, you wait and wait; but you don't feel happy. Something must have happened; and you're almost resigned to being sent back to your bed, when all at once you find yourself undoing your bundled-up clothes. They are crumpled up, and the hat may look as if it had been used for a pillow; but you're *out!* *You're cured!* *Hooray!!*

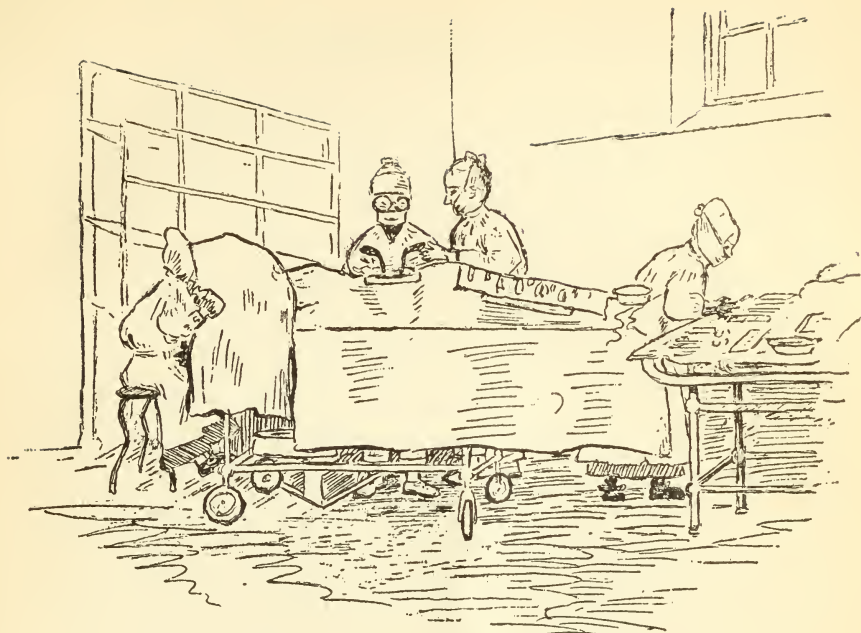
But I still don't understand how the bug got me; but then, it got Margaret, too.

SURGICAL "SNAPSHOTS"

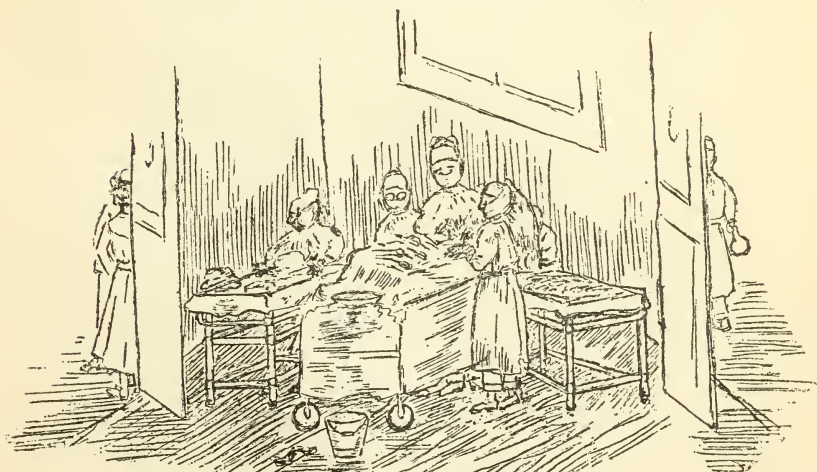
KATHARINE VAN BUSKIRK

From the day we enter training as trembling, eager probationers, most of us have the hope that we may some day enter through those big, mysterious, brass-trimmed doors into the still more mysterious beyond, known to the initiated as "the amphitheatre." With what envy we watch the senior nurses walk serenely through the corridor after breakfast and disappear into that "holy of holies." And our own hearts give queer little thumps, and we wonder if we will ever, ever reach the point where the powers-that-be will consider us competent and intelligent enough to be one of that envied group. And then, in imagination we picture ourselves swinging carelessly along and dropping into that wonderful place, while ahead of us and behind us we can see future classes of wide-eyed and open-mouthed blue-garbed "probs" looking at us with more envy and admiration than we ever felt.

But how differently would we feel about it all if we only know! If we could look ahead to the days when we would face long lists of "ops" with not a sterile towel on the shelf. Visions of "H. O's" draped in lap-sheets while three half-sheets would be required to make a sterile nurse!



Here! Here! Nurse, Take this retractor!
 Set the Nurse behind the table do that!



No. 10. Silk! And there was nothing but cat gut
 on the table,

We might see a nurse, a very capable one, too, but alas! with but two hands, who had to scrub for an operation with one of the most exacting of the visiting men. The case proved to be a lap-rotomy, and there was no other nurse free to go in. The surgeon was in an irritable frame of mind. Nothing seemed to go right. The instrument lay-out was wrong; the light was poor, and everybody seemed determined to start things wrong. But finally the incision was made and all went well, until "Here!" came in thundering tones, and the nurse found a huge retractor thrust into her hands. With all the strength in her small body she hung on, in some miraculous manner supplying sponges and ties. But every minute brought nearer the time when they must have more sponges, wet sponges, and sutures; and then her heart began to thump. How many needles were threaded? Were they the right kind? And then she ventured a peep. Consequently, the grip on the retractor lessened.

"Here, here! Nurse, take this!" (as though she wasn't holding on for dear life!) "let the nurse behind the table do that," (whatever he thought "that" might be). All went well for a time, when another package of sponges had to be opened and counted. The nurse leaned over to mark the slate when again, "Here, here! Nurse, you hold this and let the nurse behind the table do that." Immediately she took a death-like grip on that retractor.

But soon the threaded needles had all been used; no more ties remained; only two sponges were left, and once more the order came to "let the nurse behind the table do *that*." Then a wee voice piped up, "There is no nurse behind the table, sir."

Can anyone ever forget the final stitch and dressing which covers it in an operation which has, apparently, gone wrong from start to finish; and especially when a table which has been laid for one surgeon, most exacting in his demands, has to be used for another, equally exacting and famous for his temper?

Well do I remember the day that such an occurrence took place. All was confusion, and the poor nurse was rushed from another operation to be greeted with the fact that Dr. A. would not be in

and that Dr. B. would do it. "Hurry, please; he is already scrubbed and waiting. Oh! where are those House Officers?"

And thus the nurse was rushed in. No time to look over the layout, for the surgeon was preparing his own patient. Iodine, swabs, sponges all in great disorder. The assistants, one after another rushed in and slid into their respective places. The game had started, and busy was the nurse who tried to keep up with Dr. B. that day. In due time she realized he would soon want stitches. One glance at her table and then a wild look around the room. Anybody would do, but silk she must have at any cost. Out of one door and down the corridor strolled the ward-tender, while out the other door gaily passed a nurse. Neither turned to see her wild gesticulations and pleading eyes. Once more her eyes swept the room, while inwardly she prayed that someone would appear. But no, not a soul came.

Suddenly, in thundering tones (they always thunder) "Stitch!" No response. "Stitch, I say," and with added emphasis, "Silk." The nurse bent low over her table too paralyzed to move. "I want a silk stitch number 10." And still no stitch. The only thing on the table was number 2 catgut, and not a soul in sight or hearing!

A PROFESSION

Trade is occupation for livelihood; profession is occupation for service of the world.

Trade is occupation for joy in the result; profession is occupation for joy in the process. Trade is occupation where anybody may enter; profession is occupation where only those who are prepared may enter. Trade is occupation often taken up temporarily, until something better offers; profession is occupation with which one is identified for life. Trade makes one the rival of every other trader; profession makes one the coöperator with all his colleagues. Trade knows only the ethics of success; profession is bound by the lasting ties of sacred honor.—*President Faunce, Brown University.*

NEWS ITEMS

Harriet L. P. Friend (1904) writes that she is temporarily very pleasantly quartered with Miss Helena Stuart, opposite the university in Columbus, Ohio.

Bessie McMullen, of her class, is in the same city, and doing excellent work as head nurse of the tuberculosis department under the State Board of Health.

The board of directors of the Illinois Training School have decided to start a central nursing school.

They are now raising money to build a new home, and are arranging their affiliations so as to give the best possible educational advantages to their pupils.

It has seemed to many of our leading nurses that a central school properly endowed, would solve many of the difficulties now encountered on account of the absolute dependence of schools on the hospitals with which they are connected.

We shall watch the development of this new venture with much interest, and hope that it will prove to be a great success. Meantime, those of us whose hearts are bound up in the welfare of schools that are an integral part of the hospitals with which they are connected, have a new stimulus towards the establishment of endowment funds so that the educational advantages offered by our schools may not be hampered by the economic necessities of our hospitals.

Hannah Peterson (1912) has returned from the war zone.

Susan Mills Briggs (1913) is very busy at present teaching Red Cross Home Nursing Classes.

The Boston Nurses' Club, if not already moved into the new home at 1126 Boylston Street, expects to move soon. The locality is convenient, and it is hoped that the club will prove satisfactory in every way to its members.

Miss Parsons, during a recent visit to New York, spent a night at the Brooklyn Hospital and enjoyed the hospitality of the small colony of M.G.H. nurses who are presiding over the destiny of the training school. The hospital and home are the last word in beauty and convenience.

Miss Trull, superintendent of the school, has been made president of the Brooklyn League of Nursing Education.

They are going to try to establish student government in the school. Misses Frances Ricker (1916), Fannie Lepella (1916), and Julia Cochrane (1914) are the latest additions to the nursing staff.

Sally Johnson (1910), assistant superintendent of nurses at the Peter Bent Brigham Hospital, has resigned her position and is going to Albany, N. Y., January 1, as superintendent of the training school at the Albany Hospital.

The position to which she goes is an important and difficult one to fill, but we feel that Miss Johnson not only has the ability and persistence, but the experience necessary for making a success of the work.

We shall miss her in Massachusetts. We hope she will have all the success and happiness possible in her new field.

We wish to clear up a misunderstanding on the part of our graduates as to Ether Day invitations.

When a celebration of the day was first inaugurated all the former house officers and nurses were invited. On account of limited accommodations it was later decided by the Trustees to make Ether Day an annual reunion of the house officers, and to limit other invitations to the officers and staff of other hospitals in and near Boston.

Thus it happens that those of our graduates who are superintendents of hospitals are still invited, while others are not.

At the nurses' graduation in January, invitations are extended to all graduates in or near Boston, and although invitations are not sent to those who live at a distance, we wish them to feel that they have a standing invitation, and are very welcome if they can get here. The next graduation will take place in the Moseley Memorial building, sometime early in January.

The following graduates have visited the Training School while passing through Boston recently: Ella A. Wilkinson (1901), secretary of the State Board of Nurse Examiners in Bellingham, Wash.; Mary E. Melville (1888), of New York, Mary L. Keith (1888), and Annie H. Smith (1895), of the Rochester City Hospital.

Recent graduates (1916) are located as follows:—

Marguerite H. Eichler, registered at the Nurses' Central Directory for private work.

May Warner, assistant superintendent of nurses, Olean Hospital, Olean, N. Y.

Alice Barnard, operating-room nurse, Clinton Hospital, Clinton, Mass.

Hazel Gammon, instructor at Clinton Hospital, Clinton, Mass.

Elizabeth A. Rae, assistant superintendent of Milford Hospital, Milford, Mass.

Helen K. Judd, head nurse Ward A, M.G.H.

Mary May Pickering, head nurse Ward 30, M.G.H.

Bessie Brown, assistant night superintendent, M.G.H.

Helen Jordan, and Alice Drapeau, en route for France with the last Harvard Unit.

Hazel Manuel (1915) and Dorothea MacInnis (1915) also went with the last Harvard Unit.

Bertha Wheeler (1915) has gone to take charge of the operating room at the Christian Church Hospital Association, Kansas City, Mo.

Gladys Lawrence and Frances Bartlett (1916), Ruth Railey (1914), and several others are expecting to sail with the Harvard Unit that starts across next spring.

Alida Meyer (1915) is with the Red Cross in Germany.

Amelia S. Crane (1915) is night supervisor of the University Hospital, San Francisco, Calif.

Ruth Robinson (1915) resigned from the operating room to take a good rest and to prepare for her work in Labrador next summer.

Alwilda Bonner (1916) is at Corey Hill Hospital.

An interesting letter came recently from Elise G. Dexter (C.H.) who is at the Church General Hospital in Wuchang, China. She writes that her training school has ten promising pupils and they are expecting to move from their old building into a fine, modern hospital of seventy beds.

Her prospectus was very interesting, and the school, though only two years old, is registered in the National Association of Nurses in China, as coming up to the national requirements.

Helen O. Potter (1909) is at the Natick Hospital as Miss McKay's assistant.

Isabella Lumsden (1892) and Maud A. Pearson (1893) have gone to Santa Barbara for the winter.

Papers relating to any special line of work that is of interest to private-duty nurses have been asked for by Miss Frances M. Ott, Morosco, Ind., to be read at the A.M.A. convention in Philadelphia next April. Any papers may be sent to Miss Ott at the above address.

MARRIAGES

Jones—Bird. On October 18, 1916, Annie Amelia Jones (1914) to Rev. Harry S. Bird, at Medicine Hat, Alberta.

Nicholson—Jones. On September 23, 1916, at Portland, Ore., Helen Nicholson (1904) to Mr. B. R. Jones. At home, Skeena Crossing, British Columbia.

Of the locality where they live, Mrs. Jones writes:

"This is surely a wonderful country. The most objectionable part of it all is the Indians. . . . Yesterday we walked down to an old Indian village which was quite interesting in its combination of the old and the new. . . . There were a number of very good totem poles, well worth the walk to see. . . .

"I have been twice to Hazelton—our nearest town which is fifteen miles away. It is an old Hudson Bay trading post, most beautifully situated. They have a very pretty little hospital, and it could not have a more beautiful setting, with the snow-capped Rocher de Boule rising up behind it. . . .

"White women are very few. There is one white woman besides myself in the village—the bridge-tender's wife. My nearest neighbor is about five miles up the mountains towards the Rocher de Boule mines. She is the wife of the electrical engineer at the power plant and a very nice little girl."

Henderson—Garrett. On November 11, 1916, Alberta Henderson (1916) to Mr. John E. Garrett. At home at New Glasgow, N. S.

BIRTHS

October 17, 1916.—A son to Lilian Dobie Balboni (1910) and Dr. G. M. Balboni at Jamaica Plain, Mass.

February, 1916.—A son, Dunston, to Mr. and Mrs. James P. McNichol (Margaret F. Donahue, 1902), at Atlantic City.

DEATHS

Lucia L. Belles (1903), October 4, 1916, after a long illness.

BOOK REVIEWS

STANDARD SURGICAL DRESSINGS, by Nellie A. MacKenzie, R.N.
Whitcomb & Barrows, Boston, 1916. 30 cents.

Since the war began, tons of surgical dressings have been shipped from this country, made, for the most part, by women who have never before known much about gauze and bandages. The complications arising from misunderstanding and misinterpretation of informal directions have been numerous; and the need of a set standard has been met for the first time by this little book of Mrs. MacKenzie (Nellie Steeves, M.G.H., 1905). The author has clearly described the various sorts of dressings, their use and means of sterilization. All directions are made clear, both by the giving of actual measurements and diagrams, and by illustrations. The book is the result of months of work in charge of the workroom of the "Surgical Dressings Committee," and will be welcomed wherever people are meeting together for a similar purpose.

BACTERIOLOGY AND PATHOLOGY FOR NURSES, by Jay G. Roberts.
2d Ed. W. B. Saunders Co., Philadelphia, 1916. \$1.25.

This book claims to contain everything a nurse needs to know about these subjects. To be sure, between its covers are many interesting bits of information about such things as anaphylaxis, tumors, etiology of disease, etc. The very sketchiness of the book is one of its drawbacks as a textbook. Bacteriology and pathology are both exact, laboratory sciences. It is difficult to see how they can be effectively taught on any other basis.

BACTERIOLOGY AND SURGICAL TECHNIQUE, by Emily A. M. Stoney. 4th Ed. W. B. Saunders Co., Philadelphia. 1916.
\$1.75,

By title a textbook on bacteriology and surgical technique only, it devotes a very short space to the first subject, considerably more

to the second, and winds up with short chapters on miscellaneous subjects like: diet recipes, poisons and their antidotes, hygiene and the personal conduct of a nurse's life. The book is attractively gotten up, printed in clear type and contains many good illustrations. Entering into details of surgical procedure, as it does, many a nurse will find that she has been taught quite differently in her own hospital. This is one of the chief criticisms of the book. We must not forget that experience is the guide most of us follow, and no matter what excellent advice and suggestions we may read, we actually do our work according to our own previous experience.

MODERN METHODS IN NURSING, by Georgiana J. Sanders.
2d Ed. revised. W. B. Saunders Co., Philadelphia, 1916.
\$2.50.

As was true of the first edition, even more true is it of this second edition, Miss Sanders presents us a veritable encyclopedia of nursing, touching on nearly every subject of interest to the nurse. Of the more technical and scientific subjects no attempt is made to be exhaustive, or even to present material sufficient for general instruction, but the book will include a basis for a full nursing course. It will be especially valuable as a general reference book. The introduction on the choice of a school might well be published alone as a guide to prospective applicants to training schools. The volume contains 900 pages, with 217 illustrations.

REPORT OF ENDOWMENT FUND

Previously acknowledged\$1,717.50

September

| | |
|----------------------------------|--------|
| Agnes J. Trull (1913)..... | 10.00 |
| Alice Watson (1913)..... | 10.00 |
| Through Margery B. Milton (1911) | |
| Mrs. and Miss Alford..... | 200.00 |
| Jessie E. Grant (1906)..... | 10.00 |

| | |
|--------------------------------|---------|
| Charlotte M. Perry (1892)..... | \$20.00 |
| Olga Olsen (1915)..... | 5.00 |
| Josephine Mulville (1913)..... | 10.00 |
| Eileen R. Curley (1915)..... | 5.00 |

October

| | |
|---|--------|
| Ruth C. Blair (1914)..... | 5.00 |
| Helen M. Finley (1890)..... | 1.00 |
| Mary L. Keith (1888)..... | 100.00 |
| Hannah Wood (1899)..... | 10.00 |
| H. L. P. Friend (1904)..... | 100.00 |
| Jessie L. Brown (1905)..... | 25.00 |
| Rose K. Butler (1905)..... | 10.00 |
| Mary E. Higson (1907)..... | 10.00 |
| Melissa J. Cook (1912)..... | 5.00 |
| Sara E. Parsons (1893)..... | 100.00 |
| Mrs. I. Phillips, memory of Ethel Fixter, pupil nurse | 10.00 |

November

| | |
|--|-------|
| Mrs. Maria Rowan (Maria Blaney, 1884)..... | 5.00 |
| Virginia C. Hall (1893)..... | 3.00 |
| Anna C. Griffin (1910)..... | 5.00 |
| Mrs. Amy Feverstein (Amy Cook, 1891)..... | 10.00 |
| Esther Dart (1891)..... | 50.00 |
| Hannah Brierley (1887)..... | 10.00 |
| Alice Scott (1883)..... | 25.00 |

December

| | |
|--|--------|
| Mrs. Daniel Coakley (Jessie Bayldone, 1900)..... | 102.00 |
| Mrs. Frederick Driscoll (Addie F. Magiveny, 1883) .. | 10.00 |
| Mrs. Webster H. Carney (Alice Whitehead, 1914).... | 5.00 |
| Adele L. Richardson (1914)..... | 10.00 |

\$2,598.50

SARA E. PARSONS, *Chairman Committee.*

HOT WATER BOTTLES

THE question of Hot-Water Bottles for institution use is one of the most important and most frequent facing the superintendent. Not only must hot-water bottles stand real hard *use*, but they must also be so constructed that they will stand actual *abuse*.

Our "guaranteed" "Mahady" Hot-Water Bottle is built with this very purpose in mind. It is cloth inserted, full size and absolutely guaranteed.

Beside quality the price is important. We have contracted for these bottles in such quantities as to insure quality, uniformity and very low price.

The inconvenience of a poorly made bottle coming open in a seam or around the neck at a most inopportune time is only too well known to any one having to do with a hospital and sick room.

ICE CAPS

All that we have said of our Water bottles applies to our "guaranteed" Ice Caps. The guarantee means that if a bottle or ice cap proves defective we replace at once without argument as the same full guarantee is extended to us by our factory.

Quality in rubber goods is more necessary than in any other item used by the hospital, and while we emphasize *quality above all else* we also have in mind *price* and *service*. We have won the reputation as the "service store" and are doing all we can to maintain it. Let us send a sample order.

E. F. MAHADY COMPANY

SURGICAL AND HOSPITAL SUPPLIES

671 BOYLSTON ST. (Near Copley Sq.), BOSTON, MASS.

